



NEWSLETTER
October 2008

Only 4 weeks until the start of the 2008/09 Wrestling Season.

Coaches Corner

The weight room will be open after school on Monday, Tuesday, Thursday and Friday up until the wrestling season. This is a great opportunity for anyone that is not in a Fall sport to gain some muscle before the upcoming season. Tommy Johnson will be there to give you the lifting program.

Remember others are out there training to get better...What are you doing to Prepare?

We had a good turn out at the summer wrestling and weight lifting program. Participants included: Matt Osterberg, Joe Berube, Tyler Abrahamson, Kyle McCormick, Devin Wolf, Alex Pate, Charlie Budd, Jared Mandoza, Derek Weinmann, Aaron Jacobson and Joe Williams.

2008-09 Wrestling Season

High School Program

Make sure that you get your fees and all required forms turned in to the Athletic Office before November 21st. Wrestling will begin on Monday, November 24th (the Athletic Office will be closed!) and you can not practice without being registered. All of the forms you will need are available on the Irondale Website under Athletics. Also, make sure that you have a current Physical form on file (hint: you need to have a physical every three years, so if you are a senior and did not participate in a fall sport, you might need one!).

Middle School Wrestling Program

Community Ed will offer a Middle School Program again this year. Due to the great response last year, they have added an additional session this winter. Check the Irondale Wrestling Website for a link to sign up – registration has already begun or you can go to the Mounds View District website and choose Community Education and follow the links to sign up.



Thanks to everyone who participated in the inaugural "Go for the Pins" fundraiser. We had a total of 106 bowlers at the event. An excellent time was had by all.

Congrats to **Joe Volner** on winning the Grand Prize in our raffle. Other Grand Prize Winners include: Craig Weinmann, Dick Volner, Dwight Weber, Dan McCormick, Mark Clark, Ted Kathula and Terry Jacobson.

Other winners during the event included Ricky Longnecker and Dave Wolf in the 50/50 Raffle and Travis Starkson and Ricky Longnecker for matching Coach Krebs score in our second game.

A HUGE thanks to all of our sponsors:

Lake Air Metals, Linders, Ameriprise Financial, National City Mortgage, Steve's Gas 'n Splash, Consolidated Tax & Accounting, WC Title LLC, The Wrestling Mall, Pinnacle Wrestling, Western Bank, PL Randall LLC, New Brighton Chiropractic Clinic PA, Culver's and Grand Casino Hinckley and Mille Lacs.



Save the date:

Wrestling Sign-up begins in the activities office
Monday, November 3rd

Wrestling Meeting – Irondale Wrestling Room
Wednesday, November 19th - 3:00 pm

Cub Foods bagging event
Sunday, November 23rd (3:00 – 8:00 pm)

Wrestling practice begins
Monday, November 24th

Drug Awareness Meeting and Back to Wrestling Night
Irondale HS – **Monday, December 1st - 6:00 pm**

Wrestling Equipment Issue
Tuesday, December 2nd

2008/09 Wrestling Photos
Wednesday, December 3rd

Iron Wrestling hosts Robbinsdale Cooper
Friday, December 5th JV – 6:00 pm, V – 7:00pm

Remember to check out the Irondale Wrestling website for additional information. At the website you will find calendars with our 2008/09 season matches and tournaments. You will also find bios on the coaches and wrestlers as well as photos from past seasons. We will be updating the photo gallery during the year with photos from the upcoming season. www.irondalewrestling.com

Newsletter and Mailing lists....

If you notice that someone's name is not on the email list for this newsletter (wrestlers and alumni), please pass this along to them. You can also send an email to: iron.wrestling@yahoo.com and we will get them added to our list.

Wonder how you can support IRON Wrestling all-year long?

Join the IRON Wrestling Boosters

One mission of the Boosters for the 2008/09 season is to raise funds to allow the team to purchase an additional wrestling mat. The mat will allow the team to begin hosting high-school and youth tournaments in 2009/10 as a means to drive revenue for the team. We might even be able to get the "Rusty Irons" back to wrestle a match or two.....

Gold Membership: \$25/yr for individual or \$45/yr for couple membership. Included in the membership is your choice of an IRON Wrestling knit or baseball hat, free entrance to a designated home match, and the IRON Wrestling Newsletter.

Maroon Membership: \$15/yr for individual or \$25/yr for couple membership. Included in the membership is free entrance to a designated home match and the IRON Wrestling Newsletter.

The annual membership drive will begin soon.....watch for more details.