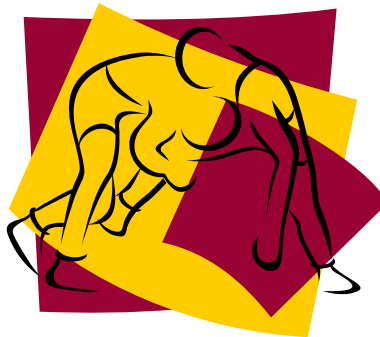


IRON WRESTLING

October 2009

Wrestling season is just around the corner and Coach Krebs and his staff is looking forward to getting the wrestlers back in the weight room to get ready for the season. Looks like we will have a number of returning wrestlers as well as a number of new wrestlers. Coach Krebs and Captain Matt Osterberg are available to talk with anyone who might be interested in trying out the sport. There are number of misconceptions that surround the sport especially with regards to weight classes and wrestlers needing to lose weight to make their class. Irondale Wrestling does not require or encourage any wrestlers to lose weight. If there are concerns, please reach out to Coach Krebs at joshua.krebs@moundsvIEWSchools.org and he will be more than happy to speak with any one with concerns.



The weight room will be open each Monday, Wednesday and Friday beginning on Monday, October 26th from 3:00 – 4:00. All wrestlers not actively participating in a fall sport are encouraged to begin coming in to begin their strength training.

The official start to the season will be Monday November 23rd. Be sure to stop by the Activity Office at a minimum the week before to sign up. You will need to have the yellow registration slip to give to Coach Krebs the first day of practice and due to the Thanksgiving holiday, the Activity Office will not be open the week we begin practicing. Also remember that you need to have a physical every three years so if you are a Senior and you have not had one since freshman year, you are due for one!

The schedule for Thanksgiving week is as follows:

Monday, November 23rd: 8-9:30 & 6:30 pm-8 pm

Tuesday, November 24th: 10 am & 4 pm

Wednesday, November 25th: 10 am

Thursday, November 26th: off

Friday, November 27th: 6 pm

Saturday, November 28th: 10 am & 4 pm

Regular practice will begin on Monday, November 30th at 3:00pm in the wrestling room.

Remember to check the Irondale Wrestling site for events and information. There you will find a calendar of our 2009/10 matches and tournaments.

You can also follow Irondale Wrestling on Twitter. Coach Krebs will be regularly updating the Twitter account. It's a great way to find out what's happening with Irondale Wrestling

IRON WRESTLING

October 2009



Please mark the following dates on your calendar:

Sunday, November 22nd from 10:00 to 3:00 we will be bagging groceries at Cub Foods in St. Anthony. All wrestlers are required to work one of the three hour shifts. More information to follow.

The proposed Winter Break practice schedule is as follows:

12/21-3 pm
12/22-3 pm
12/23-8 am
12/24-Off
12/25-Off
12/26-Off
12/27-Off
12/28-10 am & 4 pm
12/29-10 am & 4 pm
12/30-10 am & 4 pm
12/31-10 am & 4 pm
1/1-Off
1/2-10 am & 4 pm
1/3-Off
1/4-3 pm

We are pleased to announce that the Varsity Wrestling team will be participating in The Minnesota Christmas Tournament on December 18th and 19th in Rochester, MN. There are 33 teams participating including Irondale. We have not gone for the last three years and are looking forward to attending. More information to follow.

All parents and supporters are welcome to join our Booster meetings. Our next meeting will be held on October 29th at 7:00pm at Irondale High School in the front conference room. Meetings typically last about 1 hour and we welcome new faces to the group. It's a great way to hear first hand from the coach what his plans are for the team. Hope to see you there.

A huge thanks to the Annual Go for the Pins Bowling committee. This year's event was a huge success. Thanks to all of the wrestlers, families, alumni and friends that came out for the event. A huge thank you to the people and companies that donated prized for our drawings. Looking forward to next years event.....start planning your teams now!