

2017-18 PAL Practice Schedule

Team	MON	TUE	WED	THUR	FRI
Elementary	6:15-7:30pm WARDE	OFF	6:15-7:30pm @ FIT CLUB**	OFF	OFF
Middle School	OFF	OFF	6 - 7:30pm WARDE	OFF	6 - 7:30pm WARDE
Competition Team	5:30-7pm @ FIT CLUB**	OFF	6-7:30PM Warde HS	OFF	6-7:30PM Warde HS

****If there is no school or early dismissal, there is no practice** (fit club could have practice, we would confirm)**

<u>Elementary School Team</u>	<u>Dates</u>
First Practice	27-Nov
Program Ends	March 5th
<u>Middle school Team</u>	<u>Dates</u>
First Practice	29-Nov
Program ends	March 7th
<u>Competition Team</u>	<u>Dates</u>
First Practice	27-Nov
Program ends	March 9th

Practice Locations

Warde HS - Warde Wrestling Room

Warde wrestling room located in the balcony of the small gym.

Ludlowe HS = Ludlowe Wrestling room access school through entrance across from football field entrance Go straight room located across from locker rooms.

****FIT Club - 85 Mill Plain Rd, Fairfield, CT 06824**

Enter the sports plex complex building is on the left. Enter through the side door.

For updated forms and info go to :

USA wrestling tournament information and events schedule: www.usawct.org

Coach Shaughnessy's Email: Coachshaughnessy@gmail.com (email me to be part of the distribution list for PAL)

When emailing me indicate the child's name and the team (elementary/Middle or competition team)

Wrestlers should purchase wrestling shoes or they will practice in socks. Wrestling headgear is also a good idea.

Wrestlers may move into the competition team at any time by purchasing a USA card (\$36) from Coach Shaughnessy.