



**LION WRESTLING CLUB  
PRACTICE SCHEDULE & GENERAL INFORMATION  
2009 & 2010**

**November -----**

**2- 12 Open Room / 6:00pm – 7:30pm Mondays & Thursdays**

**16 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**19 - Thursday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**23 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**26 - NO PRACTICE – THANKSGIVING BREAK**

**30 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**December -----**

**3 – Thursday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**7 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**10 – Thursday** ----- **NO PRACTICE** -----  
H.S. Dual – Waterloo East @ Linn-Mar 6:15pm

**14 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm  
**Picture Night:** (1 - 8) Approx. 6:30pm

**17 – Thursday** ----- **NO PRACTICE** -----  
H.S. Dual – Iowa City West @ Linn-Mar 6:15pm

**21 - Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**24, 28, 31 NO PRACTICE – CHRISTMAS BREAK**

**January -----**

**4 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**7 - Thursday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**10– Sunday** **Lion W.C. Developmental Tournament -  
H.S. Gym – Weigh-ins: 11:00 am sharp**

**11 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**14 – Thursday** **CLUB NIGHT** ----- **NO PRACTICE** -----  
H.S. Dual – CR Jefferson @ Linn-Mar 6:15pm

**18 - Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**21 -Thursday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**25 - Monday** ----- **NO PRACTICE** -----  
H.S. Freshman Crandic at Linn-Mar

**28 -Thursday** **NO PRACTICE** --- **SENIOR NIGHT** -----  
H.S. Dual – Dub Senior @ Linn-Mar 6:15pm

**February -----**

**1 – Monday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**4 – Thursday** Club Practice: (1 – 3) 5:45pm – 6:45pm  
(4 – 8) 7:00pm – 8:15pm

**7 – Sunday** --- **Little Lion Wrestling Tournament – HS gym**

**11 - Thursday -- Lion Wrestling Club Pizza Party - 6:00pm**

**February 15 – Mar 25 Open Room / 6:00pm – 7:30pm  
Mondays & Thursdays**

For wrestlers in Grades 1 – 8 who want to prepare for any additional tournaments, including the AAU District & State.

**Linn-Mar Wrestling Website – School & Club Info.**

[www.linnmarwrestling.com](http://www.linnmarwrestling.com)

**Weather Cancellation / Practice Re-Scheduling**

If the Linn-Mar School District cancels classes due to poor weather conditions, there will be **NO** Lion Wrestling Club practice. Practices will be made up as needed.

**Linn-Mar High School Dual Wrestling Meets**

All Lion Wrestling Club Kids get **free admission**, when accompanied by an adult, into the home high school dual wrestling meets. Kids must wear their club issued Linn- Mar wrestling t- shirt. Junior Varsity matches begin @ 6:15pm and the Varsity matches begin at approx. 7:00pm.

**Club Merchandise Order Form – Due November 27<sup>th</sup>**

If you plan to place a clothing order for hats, shirts, singlets or sweats, please submit the order form and payment by November 27<sup>th</sup>. You should receive your order before Christmas.

**Picture Night - December 14<sup>th</sup>**

Elite Photo will be coming to the practices on December 14<sup>th</sup> take individual pictures of each wrestler. Photo order & information packets will be available at the Dec. 7<sup>th</sup> practice.

**Lion W.C. Development Tournament - Sunday – January 10<sup>th</sup>**

This tournament is for our beginning; first & second year wrestlers in Grades K – 6. This event will be held in the H.S. Gym & registration is free for all club members. Weigh-in begins at 11:00am and wrestling will start at 12:30pm. Each entrant will receive a participation medal. **Free for club members.**

**Lion Wrestling Club Night - Thursday – Jan 14<sup>th</sup>**

All of the kids, coaches & volunteers will be recognized at the CR Jefferson vs Linn-Mar Dual. Please have the kids report to the HS Gymnasium by 6:20pm.

**Little Lions Wrestling Tournament - Sunday – February 7<sup>th</sup>**

Our annual competitive tournament for grades K – 8. Entry fee is \$10 for our club wrestlers. Information & entry forms will be available at the club practices. All who want to volunteer to help are VERY welcome!

**Contact Information:**

Jeff Nelson	Club Coordinator/Tournament Director	929-6177
Corey Denner	Head Club Coach	363-8655
Jerry Ackerman	Head Club Coach	361-2933
Matt Schrandt	Club Coach	533-2404
Chad Leidigh	Club Coach	361-8477
Doug Streicher	H.S. Varsity Coach	447-3052
Jim Borschel	Sr. Club Advisor	377-6131
Don Steggall	Linn-Mar WR Web Site Coordinator	743-3232