

**“Finish what you Start”**

**-Tom Brands Iowa Hawkeyes**

***Charger Wrestling 2019-2020***

***Head Coach: Todd Lantz***

***(***[***tclantz@q.com***](mailto:tclantz@q.com)***)***

***(C) 425.985.3121 (H) 253.859.8299***

***Assistant Coaches: Robin Dich***

***Assistant Volunteers: Ron Park***

***Booster Club President: Diana Paoletti***

**Website/Face Book:**[***www.*Kentridgewrestling.com**](http://www.Kentridgewrestling.com) **/ Kentridge Wrestling**

**Forms:** All athletes must go through the Athletic Clearance process online [www.familyid.com](http://www.familyid.com) **Now** thru November 7th. Do not assume you are cleared just because you played a fall sport. You still need to have forms filled out. You must have on file:

Physical

Registration

Concussion & Handbook

Emergency Medical Card (Fall athletes you must complete this)

ASB must be purchased.

**Weight Classes:**

Boys (14): 106,113,120,126,132,138,145,152,160,170,182,195,220,285

Girls (12): 100,106, 112, 118, 124, 130, 137, 145, 155, 170, 190, 235

**Calendar:** Go to website: **Kentridgewrestling.com** to See Calendar. Practice will be held Monday thru Saturday’s (6-days a week) and when we are not practicing we will be at matches or tourneys for everyone. Please be prepared Wrestling is a 6-day a week sport.

**October 15-Nov 14th**  **Pre-season Winter Workouts** Tuesday and Thursdays @ KR Weight Room / Track / Gym.

**10/22-10/24 4:30-6:30pm**

**10/29-10/31 4:30-6:30pm**

**11/5-11/7 4:30-6:30pm**

**11/12-11/14 4:30-6:30pm**

**Oct 22 thru Nov 7**  Go to [www.familyid.com](http://www.familyid.com) **Athletic Clearance is due** nothing else will be acceptable-No Excuses!

**November 5th**  **Weight Assessment** **at KR Team room** **3-4:00pm**. $5.00 cost and bring your I.D.

**November 18th** **First Practice- 4:30-7:00pm.** Seniors Setup-Clean Mat’s. Everyone else be at practice by 4:30pm. 12 practices are required prior to first match.

**Nov 18th -30th** **Practice 4:30-7:00pm.** Setup-Clean Mat’s. Everyone else be at practice by 4:30pm. 12 practices are required prior to first match.

**November TBD** **Parents Meeting-After practice 7pm in Wrestling room**

**December 3rd**  **GK- Takedown** **Jamboree- Early Dis-Bus leaves 2pm / Weigh-in 3:30/ Wrestle at 4:30**

**December 4th**  **First Dual meet vs. Kentlake 6-7pm**- (V, JV)