

**East
Brunswick
Wrestling
Club**



**Want to be a
SPONSOR??**
Contact Bob Mills
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Schedule

**Week of
November 28**

Monday-GS/FS Practice
Tuesday-CJ/MJ/Clinic Practice
Wednesday-OFF
Thursday-GS/CJ/MJ/FS Practice
Friday-GS/CJ/MJ/FS Practice
Saturday-Clinic Practice
GS Tri@ Parsippany
CJ/MJ Bash @ Home
Sunday-FS/Clinic Tourney @
South Plainfield

Week of December 4

Monday-Practice GS/CJ/MJ/FS
Tuesday-Practice CJ/MJ/Clinic
Wednesday-OFF
Thursday-GS/CJ/MJ/FS Practice
Friday-GS/CJ/MJ/FS Practice
Saturday-GS quad @ Home
CJ quad @ Franklin
Clinic Practice
Sunday-OFF

EBWC Alumni Corner:

We will update on what our former wrestlers are doing now on the high school and college mats. High school practices start today!!!!

End of November

Volume 19

November 27,
2011

After the short week due to Thanksgiving, the Grade School Team again ventured to wrestling country—this time to Del Val—for a team tournament and came out with 2 wins. Unfortunately, the team lost two matches due to forfeits because of two no-shows, we gave up 12 points on forfeits and lost two matches by 7 and 11 points. Yes, wrestling is a team sport and this was a let-down for the team.

At the tournament Jason Minikel, Stephan Glasgow, Tyler Underwood and Isaac Holt all went 4-1 on the day. David Paribello bounced back from an injury last week and secured his first win on the year, as did Brandon Grover and rookies Gus Hoban, Ryan Adkins, Anthony Micale and Matt Weigand. Mark Schleifer put his soccer ball away and rattled off his first 3 wins of the year. Christian Perrine filled in as necessary and added 2 wins to the team total. Matt Wendell pinned 2 opponents and Al Gleason added a win to his season total. Nick Moss and Brian Clarke wrestled hard throughout the day.

Coaches Keith and Corey were glad to see the kids were more aggressive this week than they were last week and feel they will be more aggressive each week and the new kids will improve their skills with more practices under their belts. The pre-season tournaments allowed the kids to get valuable mat time and rattle off the rust in November and gives the coaches some perspectives on what to work on during the upcoming weeks as the league schedules kick in.

December will bring the start of the competition schedule—your coaches and team coordinators will relay information and schedules. See below for website page information. Go to our Facebook page and Friend us at East Brunswick Wrestling Club to stay up to date on information.

Additional Information

Directions: www.ebwrestling.com/locations.html

Website: www.ebwrestling.com

Contacts: www.ebwrestling.com/teams.html

Schedule: www.ebwrestling.com/calendar.html

Facebook: www.facebook.com/#!/pages/East-Brunswick-Wrestling-Club/138234312916165