



December 19, 2009

Volume 1, Issue 1

Weekly Newsletter

DECEMBER 14 - 20 WEEKLY SCHEDULE :

- > **Monday: Practice-All**
- > **Tuesday: A & B @ Hazlet**
- > **Wednesday: Off-All**
- > **Thursday: Practice-Senior/A/B**
- > **Friday: A & B v Metuchen @ Home. Practice-C & Cheer**
- > **Saturday: Senior @ Kenilworth Central Jersey A @ Ridge**
- > **Sunday: South Brunswick Novice Tournament - must preregister.**

DECEMBER 21 - 27 WEEKLY SCHEDULE :

- > **Monday: Practice-All**
- > **Tuesday: Senior/A /B @ Marlboro**
- > **Wednesday: Off-All**
- > **Thursday: Off-All**
- > **Friday: Off-All**
- > **Saturday: Off-All**
- > **Sunday: Senior @ High Point Wild Cat Tournament in Del Val—must preregister**
- > **Monday: Senior Tournament @ Home**

Alumni Corner:

EBHS-Saturday, Dec 19-
Roselle Park Tournament

Spotswood-Saturday, Dec 19-
Princeton Tournament

Peddie, Dec 19-Beast of East
Tournament

2009 SEASON KICKS OFF!!!

The 2009 season for EBWC has kicked off with a flurry of wrestling.

The Senior/Grade School League Team has wrestled 5 matches and now sports a 3-2 record, including a victory over perennial Mid Jersey power Fords and splits with state power Phillipsburg. They continue their season this week with a tri match on Saturday in Kenilworth. Coach Keith is impressed with the performances of some of his new wrestlers and expects to see continued improvement from all on the team.

The Mid Jersey League A & B Teams kicked their season off with an impressive showing against Piscataway on Friday night. Piscataway showed up with 75 kids in an attempt to intimidate our wrestlers but it was to no avail—EBWC won an impressive 90% of the matches that night.

Coaches Tony and Fred were extremely proud of the A Team as this was the first time we defeated Piscataway in quite a few years. Coaches Esteban and Steve were wore out after coaching over 80 matches in a 2 hour period but said the kids looked great on the mat.

Sunday our wrestlers travelled to Hopewell Valley to get mat time v non-league foes Hopewell Valley, Del Valley and Solebury. The majority of the kids that went on Sunday were rewarded with 3 matches v kids of similar skill/age/weight. Our kids that showed up on Sunday won nearly 60% of their matches and almost all were close and competitive.

The C Team and Cheerleaders are practicing hard and plan on being ready to roll after the holiday break.

EBWC would like to thank Mr & Mrs Anderson for donating the pizzas that were sold at the home Senior match on Saturday and to the parents that helped

Clothing, Clothing, Clothing, Show your EBWC Support:

Please contact Diane Paribello at clothing@ebwrestling.com Diane will be taking orders this week for EBWC clothing apparel so that the order can be placed and be back by the return from the holiday break. Sweatshirts, sweatpants, t-shirts, shorts....

Directions: Please visit www.ebwrestling.com/directions.asp

Schedule: Please visit www.ebwrestling.com/schedule.asp

Website: www.ebwrestling.com

Email Contacts: www.ebwrestling.com/contacts.asp

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