

**East
Brunswick
Wrestling
Club**



**Want to be a
SPONSORS??**
Contact Bob Mills
coachmills@
ebwrestling.com

Schedule:

Sunday-Dec. 5-Relax
Monday-Regular Practice
Tuesday-Grade School @
Marlboro Middle School. Clinic
Team Regular Practice
Wednesday-Off
Thursday-Regular Practice
Friday-Regular Practice
Saturday-Mid Jersey, Central
Jersey and Future Stars @
Roselle Park, Aldene School.
Grade School quad at home.
Clinic Team practice.
Sunday-December 12, Central
Jersey, Mid Jersey and Future
Stars at Hopewell Valley HS.

Volume 11

December 5, 2010

The Season is Underway!!

The season kicked off with a team tournament the week of Thanksgiving and the team took 4th place in Flemington.

Saturday, the Grade School Team began their dual season with a split in Phillipsburg—taking a loss to perennial state power Phillipsburg and bouncing back to defeat a tough Randolph squad.

This week we will have a regular practice schedule and will dive into the competition season. Tuesday the Grade School team will head to Marlboro for a Bash with fellow Mid Jersey Senior Teams—this is the inaugural event for the Senior League so hopefully it goes well. Saturday everyone will be in action!! The Mid Jersey, Central Jersey and Future Stars teams will travel together to Roselle Park, Aldene School to face off with the full squad from Roselle Park. The Clinic Team will have a full practice at home followed by a home quad for the Grade School Team. Sunday, the Mid Jersey, Central Jersey and Future Stars will also travel to Hopewell Valley High School for a 'Bash' against our friends from the Delaware River Wrestling League.

Team coordinators will keep you aware of upcoming schedules and alert you to any changes—Please let your team coordinator know of any conflict that would keep you from attending a team event. Wrestlers are expected to attend all team events and let coaches/coordinators know of the rare times they can't make it.

Read your emails, check the website, come to practice and read the weekly newsletter to keep up to date and see what all the kids in the EBWC program are doing.

Singlets should be in this week to be handed out at practice on Thursday or Friday.

Happy Wrestling.

EBWC Alumni Corner:

**St. Benedicts Prep/
Caruso Tournament**

- **Ricky Perrine-3rd
Place**

**East Brunswick and
Spotswood kick off
next week.**

Additional Information

Directions: www.ebwrestling.com/directions.asp

Website: www.ebwrestling.com

Contacts: www.ebwrestling.com/contacts.asp