



## The West Holmes Knight Wrestling Newsletter By Bret E. Curren

### West Holmes Knights Wrestling Newsletter

High School Head Coach: Scott Vaughn  
High School Assistant Coach: Greg Woods  
High School Assistant Coach: Jeremy Regula  
High School Volunteer Assistant Coach: Will O'Donnell  
Middle School Head Coach: Jeremy Dombrady  
Middle School Assistant Coach: Matt Torgler  
Middle School Volunteer Assistant Coach: Nate Morehouse  
Elementary Volunteer Head Coach: Jarret Mathie  
Elementary Volunteer Assistant Coach: Tim McClintock  
Elementary Volunteer Assistant Coach: Justin Ross  
Elementary Volunteer Assistant Coach: Marshall Overholt

**October 5, 2017– Millersburg, OH**

*Inside this edition of the 2017 - 2018 [West Holmes Knights Wrestling Newsletter](#)*

### **Elementary Wrestling Registration Night Announced**

#### **Wrestling Calender**



#### **WEST HOLMES WRESTLING**

#### **Sign-Up Night For Elementary Wrestling Team Is October 23**

Holmes Area Wrestling Club head coach Jarret Mathie has set Monday, October 23<sup>rd</sup> as registration night for the 2017 – 2018 Attack Team wrestling season.

Registration will take place from 6:00 p.m. to 7:30p.m. at the West Holmes Middle School wrestling room.

Registration forms will be distributed through the elementary schools, and forms should be completed to help expedite the registration process.

A registration fee of \$40 (includes tee-shirt and shorts) is required at registration. Checks payable to: Holmes Area Wrestling Club.

The Holmes Area Wrestling Club is open to all elementary students grades 3 – 6, and no experience is necessary.

Practice will start Monday, October 30<sup>th</sup> at 6:00 p.m. in the West Holmes Middle School wrestling room, and will



be held every Monday and Thursday from 6:00 p.m. to 7:30 p.m.

For further information, phone coach Mathie at 330-763-0355, or email to [attackteamwc@gmail.com](mailto:attackteamwc@gmail.com).



**Wrestling Calender**

2017-2018 West Holmes Wrestling Pre-Season Workout Schedule (10/6/17 – 11/10/17)

*Strength Training* – Mon's, Wed's., Fri's: 6:00 a.m. to 7:00 a.m.

*Open Mats* – Wed. 10/11; 10/18; 10/25; 11/2: 3:00 p.m. to 4:00 p.m.

*Open Mats* – Sun. 11/5; 11/12; 11/19; 11/26: 7:00 p.m. to 8:00 p.m.

*Conditioning* – 11/6; 11/7; 11/8: 3:00 p.m. to 4:00 p.m.

*FIRST PRACTICE* – Fri., 11/10: 3:00 p.m. to 5:00 p.m.

*Hydration Testing* – Sat., 11/18: 9:00 a.m.

*FIRST MEET* – Sat., 12/2: 9:00 a.m.