

# CAL-MUM WRESTLING

**Courage is not the absence of fear—it is the mastery of it.**



Wrestling is a sport that helps you to improve your strength, speed, endurance, quickness, coordination and balance. These are all attributes that you can use to help improve your performance in other sports that you play. Like all sports wrestling requires discipline, hard work and determination. Come out and give it a try.

The wrestling program will have a quick 10 minute signup meeting on Thursday October 21st in Mr. Monacelli's room at 3:00 PM. This meeting will be for the Modified, JV and Varsity programs. There will also be a sign up sheet posted by the weight room.

**Modified wrestling is for 7<sup>th</sup> and 8<sup>th</sup> graders.**

**The season is scheduled so that you can participate in both modified wrestling and modified basketball.**  
**The modified wrestling matches begin in November and end in December.**

The first day of modified wrestling practice will be Monday October 25<sup>th</sup> at 3:15.

The first day of practice for JV and Varsity wrestling will be Monday November 8<sup>th</sup> at 3:15.

**If you would like to wrestle or would like more information and cannot make the meeting please contact me or Coach Monacelli. You can also stop by wrestling practice once we start to see me.**

Varsity Wrestling Coach Chip Day  
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