



## CSAL- Middle School Wrestling

### West Side Eagles Information

Start- Oct 25<sup>th</sup> 5:30 Sign up

What to bring-

Wrestling shoes. If they are unable to purchase shoes, we may have a pair they can borrow.

T-shirt and shorts sizes. Included in the fee will be a pair of shorts and two t-shirts. These will be used for competition and may be worn in practice.

Headgear will be provided and required to be worn in practice and at competitions.

Reminders- Please be sure to have your wrestlers shower after each practice and competition.

For practice, please have them wear shorts (without pockets is preferred) and a t-shirt with sleeves.

Coaching Staff- Head Coach- Don Bonilla Assistant Coaches- Charlie Kissling, David Loos, and Alex Lipinski

Competitions- Please refer to the calendar for our two duals (at KMC) and 2 tournaments (at BC). We hope to pack our side with West Side Eagles parents and supporters.

Personal singlets- Team t-shirt and shorts are required for duals. A competitor may wear their own singlet for the tournaments. If they medal, West Side Eagles t-shirt is required during recognition.

Informational Meeting- Thurs Oct 14<sup>th</sup> in Eagle's Landing and Mon Oct 25<sup>th</sup> @6 after practice starts.

For counting purposes, please send a list of interested athletes and what grade they are in to Frank Tra at [franktra@gmail.com](mailto:franktra@gmail.com) by Oct 22<sup>nd</sup>.

If there are any questions, I can be reached at 620-727-0722

