

East Helena Wrestling

January 3, 2017

Tigers & Middle School Rebels

Practice Monday, Tuesday, Thursday

Tigers - Practice 5:30 to 6:30 p.m. for Pre-K through 3rd grade. Wear an old t-shirt (write name on back), shorts, wrestling shoes (or socks if you're trying wrestling). Folkstyle January to March. April is Freestyle & Greco.

Middle School Rebels - Practice 6:30 to 8 p.m. for 4-8th graders. Folkstyle only and ends March 26. The first middle school tournament will be February 18. Rebels don't wrestle USAW (except 4th graders). Rebels issued a singlet to use.

Please shower after each practice and keep wrestler's fingernails clipped!

Practice

We rent the Eastgate gym and need to keep it clean and damage free. Please do not let your children run around. If you stay during practice, please SIT quietly.

Swap Box

In the swap box, you may borrow wrestling shoes or a singlet for the season. Please return them to the swap box when you're done using them.

Coaches

Coaches and Board Members **volunteer** their time. Please help coach. A lot of help makes it a much better experience! See website for instructions.

Tournaments

- Tournament dates and info in the left sidebar is subject to change. The timeline is an overview of the season.
- You choose which tournaments to attend and are not required to attend any. Weekly tournament details will be emailed.
- The first tournament EHWC will attend is Sunday, January 29 in Missoula.
- Previous EHWC wrestlers may attend the Helena Tournament (January 14) if you let Jen know so she can card you, etc.

Fundraisers

It costs EHWC approx. \$250 a wrestler per season. The \$100 Registration fee does not cover all expenses, so participation in fundraisers is necessary. Each wrestler is **required** to sell one book of raffle tickets.

EHWC Apparel

Each wrestler receives an EHWC shirt to wear at tournaments. You may purchase EHWC apparel at practice. See <http://ehwcwrestling.org> for price sheet.

Singlets

UAS, Rivals and Bob Wards sell Red/Blue singlets and wrestling shoes. EHWC singlets are \$65.

Contacts, also see <http://ehwcwrestling.org/>

- President: Jen Erdahl, 431-3181, Vice President: Jacque Young
- Secretary: Jewel Hahn, Treasurer: Layne Snarr, Member: Kasie Hogue
- Tigers Layne Snarr, 202-1635 & Rebels Sam Bogard, 438-5608



Tuesday, January 3

Parent's Meeting & Registration 6:30 p.m.

Thursday, January 5

Practice Starts 5:30 (Tiger) 6:30 (Rebel)

Monday, January 16

No Practice Martin Luther King Day

Wednesday, January 18

Buffalo Wild Wings Fundraiser

Sunday, January 29 (Changed to Sunday)

Grapple in the Garden, Folkstyle Missoula

Mid-February

Raffle Ticket Fundraiser. Mandatory!

Saturday, February 4

High School Divisionals (No USAW Tourney)

Friday & Saturday, February 10-11

High School State (No USAW Tourney)

Thursday, February 16 at 5:15 p.m.

Team & Individual photos by Helena Photo

Saturday, February 18

Middle School Rebels first tournament
Cyclops Folkstyle in Butte—PW to Interm

Monday, February 20

No Practice President's Day

Saturday, February 25

Making a Difference, Folkstyle Kalispell

Thursday, March 2

Taco Johns Fundraiser

Saturday, March 4

No tournament scheduled

Friday to Sunday, March 10-12

State Folkstyle Great Falls. Get hotel ASAP!

Saturday, March 18

Smelter City Smackdown, Folkstyle Anaconda

Friday to Sunday, March 24-26

Montana Open in Billings

March 27-31

Spring Break. There may be practice since the April 1 tournament is Freestyle.

Saturday, April 1

Ken Cloud Classic Freestyle & Greco, Helena
Any color singlet works for the 2017 season.
Brackets are now the same as Folkstyle.

Saturday, April 8

Smith McCarthy Freestyle & Greco, Butte

Thursday, April 20

Last day of practice. Put away mats.

April 22 (Freestyle) & April 23 (Greco)

State Freestyle & Greco in Livingston

July

Stampede Parking Fundraiser