



STATELINE WILDCATS WRESTLING CLUB ALWAYS ON THE ATTACK



WEEK 8, DEC 31, 2009

NEVER GIVE UP! ENCOURAGE OTHERS! DO YOUR BEST!

UPCOMING TOURNAMENTS – SPECIAL ATTENTION *****

The Wolves Interstate Tournament (Crystal Lake) is this weekend! A separate handout for directions and club information will be sent via email. **GOOD LUCK WILDCATS!!**

Please note the tournament information in our schedule (left). All the tournaments have been listed. Additionally, we've listed the dates to register with us by to the right of the tournament. If "TRACK" is indicated, you must visit Trackwrestling.com to register; we will not be able to any members. Register quickly for those tournaments. They fill up fast and once the maximum is reached, you will not be able to participate. If you need help registering for the Trackwrestling.com tournaments, please see Jeff Cavil or Nicole Valach for help.

The East Troy and Whitewater tournaments are optional tournaments and participants will be on their own to register. Registration will not be handled through our club. East Troy is registration on-site; while Whitewater is through Trackwrestling.com. Some of our coaches will be at the East Troy with their kids. If you are interested in going, please let Coach DJ or Coach George know so we can help coach your wrestler at East Troy.

February 7th is Super Bowl Sunday, and has limited tournaments. The Predator Open is closed but we are on the waiting list for 20 wrestlers and will let you know if we can get in asap. Additional tournaments include: Mineral Point (walk-in, \$10), Port Washington (registration due 2/25, \$18), Blake Barron (Rockford, IL), Tomcat Invitational (Aurora, IL). If you have any questions, please see Jeff Cavil, Tournament Director.

General Reminder – Payment for registrations must be via check, made out to Stateline Wildcats, not the tournament. Thank you.

STATELINE WILDCATS "BORDER BASH"

Don't forget to register for our tournament at Trackwrestling.com. We want to make sure all of our wrestlers are able to get in.

TOURNAMENT DAY QUICK & EASY ENERGY FOODS

Although concessions provide more than enough goodies, the foods may not be the best to eat while wrestling in a tournament. Avoid greasy foods until after matches have been completed. Here's an easy and quick thing to make: Peanut Butter Banana Rolls. Take a soft taco shell, spread on peanut butter and get all edges; cut a banana thinly and take cuts and lay on peanut butter spread. Roll up and serve for instant fuel for your wrestler before/between matches.

WILDCAT SCHEDULE:

TOURNAMENTS

January	Register by:
3 Wolves Interstate	Completed
10 Delavan Darien	Completed
16 East Troy (OPT)	Walk-in
17 Peoria IKWF	
23 Kenosha	1/12
24 Whitewater (OPT)	TRACK
31 West Allis	1/6
February	
7 See notes*	
14 Mukwonago	TRACK
21 Border Bash	TRACK
28 Milton Monsters	2/18
March	
6 Badger	2/18
13 Regionals	3/2

PRACTICE DATES:

January	February
4 Monday	2 Tuesday
5 Tuesday	3 Wednesday
6 Wednesday	4 Thursday
11 Monday	8 Monday
12 Tuesday	9 Tuesday
13 Wednesday	10 Wednesday
18 Tuesday	16 Tuesday
19 Wednesday	17 Wednesday
20 Thursday	18 Thursday
25 Monday	23 Tuesday
26 Tuesday	24 Wednesday
27 Wednesday	25 Thursday

