

Northern Highlands Wrestling 2011-2012

Practice Schedule beginning Monday, November 28, 2011:

Practice will be Mon - Fri: 3:30 pm – 6:00 pm and Saturdays 9:30 am – 12:00 pm. In the Northern Highlands H.S. wrestling gym. Please do not be late!!!!!!

Bring shorts, T-shirt, and wrestling shoes everyday for wrestling practice. We will issue headgear and knee pads. Make sure you have wrestling shoes. They can be purchased at sporting goods stores or even better ordered on the web.

Eligibility: Important! Important! Important!

Prior to the first day of practice you must turn in your X, Y, and Z-forms. These forms can be found on the web site www.NorthernHighlands.org. or www.Northernhighlandswrestling.com

If you did not play a fall sport you may have to have a physical as well.. **All forms must be turned into the school nurse so she can clear an athlete to participate.** If the nurse does not clear an athlete they may not participate. Make these arrangements ASAP so you be cleared to participate before our first practice.

E-mail:

It is very important that I have your e-mail address, I find this the best way to communicate with everyone. My e-mail is RBabitts@aol.com or Pin2Win142@aol.com

Web page:

For proposed schedules and information you can go to our web page at www.Northernhighlandswrestling.com or www.Northernhighlands.org

Additional information:

Please contact Head Coach Rick Babitts at H (201) 934-6416 or Cell (201) 669-0222.

Assistant coaches: Tom Walsh, Brain Newman, John Grande