

## Sayreville Wrestling

Season starts November 21<sup>st</sup>, all students interested in wrestling should see Coach Ivy

A strong healthy body is essential for wrestling. Many have suggested that wrestling is the most thoroughly balanced sport. All muscle groups and all aspects of physical development (balance, strength, endurance, coordination, speed and alertness are needed and developed in proper training for our sport).

- Wrestling Encourages Mental Development and Confidence
- Wrestling Encourages Character Teaching and Development
- All students can find a place in wrestling
- Few sports provide the same chance as wrestling does to observe each individual and how they respond to pressure.

### Contact:

[Marcus.ivy@sayrevillek12.net](mailto:Marcus.ivy@sayrevillek12.net)

***\*If you want to get the group messages download the remind 101 app\****

Text the number #81010

With the message: [@wrestling8](#)

***\*if you want to leave the group reply STOP to one of the messages\****

# Sayreville Wrestling



## BOMBERS



# Important Dates/Info

- \*Physicals and permission slips must be in by NOVEMBER 1<sup>st</sup>.....1
- First day of practice is November 21<sup>st</sup>.....2
- The season ends March 5<sup>th</sup> for varsity & February 18<sup>th</sup> for JV.....3
- Please plan all appointments (doctor, dentist) after the season ends.....4
- The wrestling week is Mon-Sat for the entire season.....5
- Parent meeting will be early in December TBD.....6



“Once you’ve wrestled, everything in life is easy”

-Dan Gable

