

Dear Seneca Wrestler,

I hope you are all well rested and enjoying your spring so far. I wanted you to be aware of some very important upcoming dates and events of the team. ***We will need to work extremely hard between now and next November if we want to be competitive in the always tough Olympic Conference.*** Here are some things to be aware of:

1. This summer we will be attending camp at North Carolina State University. We will be attending the team camp from **July 5th – 9th, 2010** (Monday - Friday). The head coach, Carter Jordan, who was an assistant when I went there, has graciously offered for us to only pay \$300 each for the camp. We will be flying out of Philadelphia on Monday morning and out of Raleigh/Durham on Friday night (more information on that to follow). There may be an extra cost (above the \$300 for camp) for transportation, depending on how much the Seneca Wrestling Parents Association can contribute to help defray the transportation cost. Please fill out the attached form and return to me **by April 24th** with payment (\$300). ***Checks are made out to “Carter Jordan.”** This will be a great opportunity to further bond as a team, get better on the mat, and see some different competition. This is a must in order to improve for next year.
2. We will also be attending “The Summer Duals” as a team, which is a week-long event. We will wrestle two duals per night (Monday-Thursday) and then on Friday there is an individual tournament. We will be attending **July 12th - 16th (Monday – Friday)**. It runs each night at Holy Cross High School from 6:00 pm – 10:00 pm. The cost is \$75.00 per wrestler per week. Please complete the enclosed form and return to me **by April 24th with a check made out to “Competitive Edge Camps LLC.”** **We need enough guys to field an entire team in order to participate in this!!*
3. Our practice schedule for the summer will be: (Tuesday and Thursday nights – 6-8pm)
Practice June 22nd Practice June 24th
Practice June 29th Practice July 1st
TEAM CAMP – week of July 5th-9th
SUMMER DUALS – week of July 12th – 16th
Practice July 20th Practice July 22nd
Practice July 27th Practice July 29th
Practice August 3rd Practice August 4th ??? (Not sure about this last week!!!)
4. The weight room is open every Monday, Wednesday, and Friday from 3:00 pm – 5:00 pm. ***If you are not in a spring sport, you are to be in the weight room on those days every week. Please sign in each day that you attend!!!***
5. ***REMINDER ABOUT BANQUET...Our annual wrestling banquet will be held on Sunday, April 25th at 4:00 pm in our cafeteria...information will be mailed to you shortly...wrestlers are free, parents/siblings are about \$10.00 per ticket...If you do not get information in the mail by the second week in April come see me or call Ms. Deveney!!!***

Please see me as soon as possible to let me know if you plan on attending these very important team events. Once again, we will not be successful next year if we do not prepare NOW for our competition!!! -Coach Bauer

OFF-SEASON TRAINING = IN-SEASON SUCCESS