

# CIA WRESTLING

## Newsletter

### Session Changes:

Starting December 4<sup>th</sup> we will start a new session on Sundays from 5:30-6:30. This will clear up some space for the room on Sundays and create an opportunity for the younger wrestlers to be in a setting that is more appropriate for their needs.

### Gear:

We still have some gear left over from our last order. See Coach Pendoski if you're interested in getting some gear.

### Live Nights:

Live night is getting to be a great time. We have Live Night on Mondays at Cathedral from 6:45-8:15 and Tuesdays at Danville from 6:30-8:00. This is a great place to get some matches. Fee is \$10 (or \$5 if wrestler is a twice a week member). Contact us if you have any questions.

Ed Pendoski  
317.701.1512  
ependoski@wrestlingcia.com