

# CIA WRESTLING

## October Newsletter

### November Sessions:

It's the time of year where we say goodbye to the high schoolers and wish them luck in the upcoming high school season. Their time and dedication will show this winter.

### Blue and White Groups:

Starting on Monday November 3<sup>rd</sup>, the Blue group (5<sup>th</sup> grade and up) will workout on Sundays/Mondays 6:45-8:15. The White group (4<sup>th</sup> grade and under) will workout on Sundays/Mondays 5:00-6:30.

### Gold Group:

We will have an extra workout per week to prepare for the upcoming folkstyle season. The gold group will workout on Wednesday nights from 6:45-8:15. This group is open to all members in the Blue and White groups. This is a great time to get an extra workout a week in to prepare for season.

### Gear:

We've got new gear in the office. Sweats, shorts and a new shirt are available this fall. See Coach P if you're interested.

### Reminder:

There will be NO WORKOUTS on Sunday November, 2.