

April 27, 2010

Dear Delton Wrestlers and Families,

I just wanted to let you know about some things we are planning on doing this "off-season".

1. May 5: Physicals at the High School. \$10
2. Weight Lifting: Every Monday, Wednesday, and Friday at the High School, right after school until about 4:30-5:00.
3. Open Mat: I am still trying to put together times and locations.
4. Summer Duels: We are looking to put together a team to wrestle in a summer duel league. If interested see Coach Phillips.
5. **Lakewood Wrestling Camp; FREE June 21-23 8am-1:30-2:00pm**
6. May 20: Spaghetti dinner at Legends to benefit their wrestling program. 5-8:30pm Ticket information is to come.

If you have any questions, call or stop in (room 17 in the MS) or (269) 908-1078

See you there,

Coach Phillips