

**2009-2010 Virginia Elite Wrestling Club  
Kindergarten - 6th Grade Schedule**

Date(s)	Event	Site	Style	Comments
<b>December 2009</b>				
12/1/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
12/3/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
12/8/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
12/10/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
<b>12/12/2009</b>	<b>Christiansburg Blue Demon Fall Brawl</b>	<b>CHS</b>	<b>Folk</b>	<b>See Christiansburg Wrestling website for details.</b>
12/15/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
12/17/2009	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
<b>12/19/2009</b>	<b>Rural Retreat Tournament</b>	<b>Rural Retreat HS, Rural Retreat, VA</b>	<b>Folk</b>	<b>See Christiansburg Wrestling website for details.</b>
NO PRACTICE UNTIL JANUARY 6, 2010 - HAPPY HOLIDAYS				
1/6/2010	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	
1/8/2010	Practice 6:30-8:00 PM	Hawkeye Hall	Folk	

IMPORTANT NOTES:

1. Parents are responsible for their wrestler(s) at all times, including overnight stays. Coaches will provide supervision during practices, travel on the club van or bus, at weigh-ins, at restaurants during team feedings, and during tournaments. Parents must coordinate with other parents if they are sending their wrestler but cannot provide supervision on trips.
2. Wrestlers are to be dropped off for practice before practice start times and picked up within a reasonable time after practice is scheduled to end. All practices are 'closed' to everyone except coaches and wrestlers unless notified otherwise.
3. All tournament information will be posted to the Christiansburg Wrestling website at <http://www.bluedemonwrestling.com/> several days prior to each tournament. Parents are responsible for downloading and reviewing tournament information. No hardcopies will be provided by coaches.
4. The Wrestling Club will provide food and drinks for weigh-in meals and during tournament competition, however, parents are responsible for the cost of food before and after tournaments (i.e. during travel).