

# **UHS WRESTLING**

## **Black Watch Wrestling Club**

**Program Begins:** March 9, 2008 to June 1, 2008 on Tues./Thurs.

**Workouts:** 6:30 to 8:30pm, from 3/9 to 6/1 (Off the month of June)

**Beginning July 1, 2008 practice on Tuesdays and Thursdays at 6:00pm**

**Saturday Tournaments will be scheduled throughout the summer.**

**Your only costs are:** Wrestling shoes, Upland Grapplers membership for \$100.00 which includes USA Card, Singlet and Sweats. Saturday tournament entry fees (approximately \$6.00 to \$10.00 per weight class entry.)

**The Wrestling season begins on November 15, 2008.**

**See Coach Irwin in room H192 in the science building for more information, or call Coach Irwin at 920-6882.**

### **UPLAND WRESTLING HAS A LONG CHAMPIONSHIP HISTORY**

#### **LEAGUE CHAMPIONSHIPS**

1962, 1963, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1978, 1980, 1981, 1983, 1993, 1997, 2006

#### **CIF CHAMPIONSHIPS**

**1963 AND 1994**