

PAYSON YOUTH WRESTLING
DEVELOPMENTAL LEAGUE
"2009"

JON LOVELESS319-3227
CHAD KNAPP465-0644
ALVIN BAUM.....754-1473
BRYAN VANTASSELL358-9433

All Matches Will be at Mt Nebo Jr High unless noted!!!
Wrestlers should get at least 2 matches per night.

Mt Nebo Jr High (Cafeteria) 851 W 450 S
Salem Hills High (Wrestling Room) 150 N. Skyhawk Blvd.

Tuesday	Wednesday	Thursday
Nov. 10 th Practice Loveless 5:30 Knapp 6:45	Nov. 11 th Practice Loveless 5:30 Knapp 6:45	Nov. 12 th Practice Loveless 5:30 Knapp 6:45
Nov. 17 th Practice Loveless 5:30 Knapp 6:45	Nov. 18th Match Loveless vs Baum 5:15 Knapp vs Vantassell 6:45	Nov. 19 th Practice Loveless 5:30 Knapp 6:45
Nov. 24 th Practice Loveless 5:30 Knapp 6:45	Nov. 25 th & 26 th No Practice Thanksgiving Break	Dec 1 st Practice Loveless 5:30 Knapp 6:45
DEC 2 ND Practice Loveless 5:30 Knapp 6:45	Dec 3rd Match Loveless vs Vantassell 5:15 Knapp vs Baum 6:45	Dec 8 th Practice Loveless 5:30 Knapp 6:45
Dec 9th Match Loveless vs Knapp 5:15 Vantassell vs Baum 6:00(@SALEM)	Dec 10 th Practice Loveless 5:30 Knapp 6:45	Dec 16th League Tournament @ Mt Nebo Jr High Time TBA Later

Dec 16th League Tournament @ Mt Nebo Jr High Time TBA
Other Invitational Tournaments
(Not Included In League)

North Summit Nov. 14* Mapleton Nov. 21* Salt Lake Slam (Heber City) Dec. 5* Spanish Fork Dec. 12*

Wrestling Hygiene and Safety: Coaches please help keep the mats sanitary; No Parents, non wrestlers or street shoes allowed on the mats. Mats will be cleaned daily, please no food or drinks in wrestling areas. Wrestlers should bathe daily to help prevent the spread of illness and disease. Additionally, Wrestlers are encouraged to wear wrestling singlets, shoes and headgear (**no bare feet**).

Wrestling Conduct: Individual and Team Sportsmanship are expected. Coaches are expected to ensure good sportsmanship from the wrestler, team and parents. Assigned team coaches have the responsibility to coach wrestlers during matches. **NO PARENTS ALLOWED ON THE MAT.** Parents should cheer from the spectator area. Please remember we are guest in the School Facilities. Please show proper respect.