

Lewisville Wrestling

2022-2023

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Team</u>	<u>Time</u>
11/02	Maroon and White Dual	LH		6pm
11/10	Dallas Hillcrest	Dallas Hillcrest	V	12PM
11/11	Dallas Hillcrest	Dallas Hillcrest	V	8AM
11/17	Coppell Round up	Coppell	V	900AM
11/30	Mckinney-Boyd dual	Boyd	V	5PM
11/30	Flower Mound JV	Flower mound	JV	5PM
12/1-12/2	Colleyville Invite	Colleyville HS	V	2PM-8AM
12/7	Colleyville Quad	LHS	V/JV	5PM
12/13	Princeton	LHS	V	530 PM
12/15	Prosper JV	Prosper HS	JV	9AM
12/16	Prosper Invite	Prosper HS	V	9AM
12/20	Byron Nelson	Byron nelson HS	V/JV (B +G)	2PM
1/5	Cy-Fair Invite			
1/6	Cy-Fair Invite	Berry Center	V	8AM
1/10	Timber Creek	Timber Creek	V/JV	530 PM
1/17	FM Marcus	LHS	V/JV	530PM
1/20	Farmer Duals	LHS	V	9am
1/25	The Colony	TC	V/JV	530PM
2/2	JV District	Coppell HS	JV (B + G)	9AM
2/1	Varsity District	Coppell HS	V (B+G)	10AM
2/12-2/13	Region 1 Championships	WG Thomas	V	10AM/8AM
2/19-2/20	State Wrestling Championships	Houston	V	8AM-8AM

Head Coach: David Rozanski rozanskid@lisd.net 262-271-0939

Wrestling Basics-parent meeting

Equipment:Label all equipment with sharpie

Shoes-Running shoes, Wrestling shoes (we have some)...Academy, Scheels, Dick's

Knee pads-Optional-No metal hinges, No sleeves without padding

Braces-Must have a double-sided mouthpiece to compete...single sided recommended

Practice shirts-Team store labeled practice....Black shorts of choice

Anti-bacterial soap (dial)...skin lesion form if go to a doctor in case of a skin issue

Women's undergarments-Coach Brooks

Match days

-No Jewelry, earrings, piercings, watches

-cut nails weekly

-Weigh-ins will be 1 to 1.5 hours...dropping weight classes is for serious wrestlers (varsity)...advise 1 or 2 weight classes below normal weight for those wrestlers

-Must ride the bus to matches...may leave event with parent

-No pass no play-all grades above 70 during all progress reports
(2 ineligible periods during a season-removed from team)