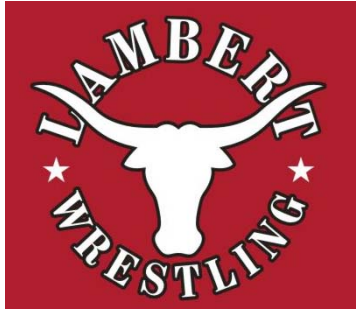


2009-2010 Lambert Wrestling



Thank you for your interest in wrestling. Wrestling is a very demanding sport. The LHS Wrestling staff will expect total commitment to ensure proper development of its wrestlers.

What you need:

You must have a current physical on a LHS/GHSA form. Forms include medical history, physical exam, and insurance policy numbers. Forms can be picked up in the front office or online at our school website (go to extra curricular then athlete information. If you do not have insurance you can get it at a very reasonable cost through the school.

You need workout clothes; running shoes, wrestling shoes, shorts, T-shirts, and sweat suits (we run outside, be prepared for cold weather).

Each athlete is required to pay a \$65 transportation fee by November 9th.

Practice:

Any athlete wishing to get into shape can come to pre-season conditioning. M-Tu-Th after school until 4:45.

We will begin wrestling practice on Monday November 2nd. You have a copy of Novembers calendar and one

can be found on lambertwrestling.com

Football/Cross Country athletes: You get 2 days off if you choose

Depending upon the number of wrestler there may be cuts (attendance and effort will be the main criteria used to determine cuts). This will not be determined until the fall athletes report to practice.

I look forward to having a great season. Please feel free to contact me with any questions or concerns.

Coach Contardi kcontardi@forsyth.k12.ga.us 678-617-5672

Upcoming important dates:

-October 7th: Booster Kcik off dinner. *We want 100% attendance.*
6:30 LHS aux gym and cafe. Discussing the season, expectations, booster business, pay fees, order jackets.

-October 10th: Clinic at LHS featuring 2009 NCAA Champion Darrion Caldwell. Followed by Q&A session w/ Head Coach of NC State; Carter Jordan. The topic of what it takes to be a college athlete. \$15 payable to TWA (this is ½ off).

For the latest info log on: www.lambertwrestling.com