

2007 - 2008 BISHOP DUNNE WRESTLING

Parents and athletes:

If you have any questions please feel free to contact me here at school, 214-339-6561 ext. 244 or email me at sguerrero@bdhs.org

Thanks,

Stephen Guerrero Jeremy Young Kyle Stevens
Girls and Boys Wrestling Staff

****ALL WRESTLERS, MIDDLE SCHOOL AND HIGH SCHOOL: Whenever we work out on the wrestling mat it will be mandatory to take a shower before you leave. At all practices and matches please make sure you have a gym bag with extra clean clothes, combination lock, sandals or flip flop shoes, towel, soap, shampoo, etc..**

****Middle School wrestlers only have to show up to two practices a week.**

Weeks of December 3 – January 6

Come to practice prepared and get ready early. **All Practices are at Bishop Dunne, Cafeteria. Study hall is held in room 304.**

Monday, December 3, 3:15pm 3:15 – 4:00pm, practice 4:00 – 6:00pm

Tuesday, December 4, weight training 7:15-7:45am, study hall 3:15 – 4:00pm, practice 4:00 – 6:00pm

Wednesday, December 5, study hall 3:15 – 4:00pm, practice 4:00 – 6:00pm

Thursday, December 6, weight training 7:15-7:45am, study hall 3:15 – 4:00pm, practice 4:00 – 5:30pm

Friday, December 7, Girls at Frisco Lady Classic Tourney, weigh-in TBA, wrestle TBA,
Boys at Lake Highlands Tri-State Tourney weigh weigh-in 4:00pm, wrestle 6:00pm

Saturday, December 8, Girls at Frisco Lady Classic Tourney, weigh-in TBA, wrestle TBA,
Boys at Lake Highlands Tri-State Tourney weigh weigh-in 7:00am, wrestle 9:00am

Sunday, December 9, Rest Day

Monday, December 10, study hall 3:15–4:00pm, practice 4:00–6:00pm

Tuesday, December 11, weight-training 7:15-7:45am, Boys study hall 3:15 – 4:00pm, practice 4:00 – 6:00pm
Girls at Frisco Centennial, TBA weigh-in, TBA wrestle

Wednesday, December 12, study hall 3:15–4:00pm, practice 4:00–6:00pm **FACULTY MEETING**

Thursday, December 13, weight-training 7:15-7:45am, study hall 3:15 – 4:00pm, practice 4:00 – 5:30pm

Friday, December 14, Girls and Boys at RL Turner Tourney, weigh-in 4:00pm, wrestle 6:00pm,

Saturday, December 15, Boys at RL Turner Tourney, TBA weigh-in, TBA wrestle
TBA Girls at Coppell Tourney, TBA weigh-in, TBA wrestle

Sunday, December 16, Rest Day

Monday, December 17, study hall 3:15 – 4:00pm, practice 4:00 – 6:00pm

Tuesday, December 18, weight training 7:15-7:45am, study hall 3:15 – 4:00pm, practice 4:00 – 6:00pm

Wednesday, December 19, study hall 3:15 – 4:00pm, practice 4:00 – 5:30pm

Thursday, December 20, weight training 7:15-7:45am

EARLY DISMISSAL

Boys be at Bishop Dunne at 4:30pm, Tri vs. Adamson and North Dallas 6:00pm at Bishop Dunne
Girls be at Bishop Dunne at 3:30pm, Quad at Frisco vs. Molina, Wakeland, weighin 5pm,
wrestle 6pm

Friday, December 21, **NO SCHOOL**

Boys at St. Marks Tourney, TBA weigh-in, TBA wrestle

Girls at Bluebonnet Tourney at Coppell vs. Liberty, Frisco Centennial, weighin 5pm, wrestle 6pm

Saturday, December 22, Boys at St. Marks Tourney, TBA weigh-in, TBA wrestle

Girls at Bluebonnet Tourney at Frisco Centennial, weighin 8am, wrestle 9am

Sunday, December 23, Rest Day

Monday, December 24, NO SCHOOL, on your own, 30 minute run, 200 push-up, 300 crunches

Tuesday, December 25, **MERRY CHRISTMAS, ENJOY YOUR FAMILY**

Wednesday, December 26, Practice 9:00am – 11:00am **NO SCHOOL**

Thursday, December 27, Practice 9:00am – 11:00am **NO SCHOOL**

Friday, December 28, Practice 9:00am – 11:00am **NO SCHOOL**

Saturday, December 29, Girls at Arlington Lamar Tourney, weighin 7am, wrestle 9am

Sunday, December 30, Rest Day

Monday, December 31, NO SCHOOL, on your own, 30 minute run, 200 push-up, 300 crunches

Tuesday, January 1, **HAPPY NEW YEAR, ENJOY YOUR FAMILY**

Wednesday, January 2, Practice 9:00am – 11:00am **NO SCHOOL**

Thursday, January 3, **FIRST DAY BACK**
weight training 7:15-7:45am, study hall 3:15 – 4:00pm, practice 4:00 – 5:30pm

Friday, January 4, Boys practice 3:15am – 4:30am
Girls at Lone Star Tourney at South Grand Prairie, weighin TBA, wrestle TBA

Saturday, January 5, Girls at Lone Star Tourney at South Grand Prairie, weighin TBA, wrestle TBA
Boys at TCA Six Way Tourney at Trinity Christian Addison, weighin 8am, wrestle 9am

Sunday, January 6, Rest Day

Upcoming Calendar Events

December 12, All School Mass, Mass Uniform

December 21 – January, NO SCHOOL, Christmas Break

December 26 – 28 and January 2, Practice 9:00am – 11:00am

Things to remember:

****STUDY, DO HOMEWORK, (You are at Bishop Dunne for an Education)**

****Get extra rest and proper nutrition. **Ice down all aches and pains.**

****If you have a problem and you can not make practice a note from your parent / guardian is necessary or please call me at school 214-339-6561 ext. 244, this is also my voice mail. No practice no play.**

****Drink plenty of water, stay away form carbonated drinks (coke), and drinks with caffeine, these cause you to dehydrate and gain unnecessary weight.**

****Do not park or be dropped off in the back parking lot. Please use the South or North Parking lot. No Exceptions.**