



FULTON WRESTLING



Proud of the Past - Working for the Future

October 23, 2014

It Begins!

Conditioning Practices Start Monday

Weight Certifications Less Than Four Weeks Away

With weight certifications that will lock wrestlers into a “minimum weight allowed” set for November 22nd, Coach Jeff Waldron starts his pre-season conditioning practices this coming Monday, October 27th.



Current wrestlers and would-be wrestlers not engaged in a fall sport are expected to participate. The practices begin promptly at 3 pm in the Fulton Wrestling Club’s training facility located at the CYO.

A group of Fulton wrestlers have been meeting Coach Waldron at 5:45 am to run to the weight room at the high school for strength training.

A large group of wrestlers have been working out



Weight training before school three days a week and aquatic strength training two days a week have been part of Coach Waldron’s morning workouts to prepare his team for the upcoming season

for months by participating in Coach Waldron’s “off season” program. “I think more kids are starting to get it,” said Waldron. “Fulton has always had good teams but the great teams—the teams that won state championships—for them it wasn’t just a sport it was a way of life. For champions, working out isn’t something special. It’s just doing what it takes”.

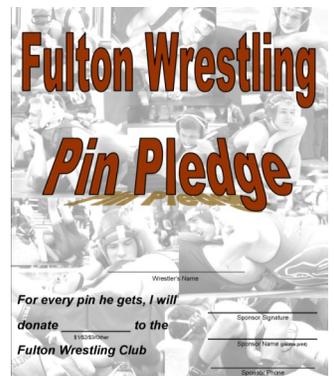
Elementary School Sign-Ups

Where: Fulton Wrestling Club Facility at CYO
When: Thursday October 30
Monday November 3
Time: 6-8 pm
Cost: \$75 registration, family discounts for enrolling more than one from the same family are available.
Contact: Karen Noel 598-4699

Pin Pool

Join Fulton Wrestling's Pin Party

There’s nothing more dramatic or exciting than a pin and the pin has been a trademark of Fulton Wrestling for half a century. Now, you can join the “pin party” by sponsoring the Fulton Wrestler of your choice and pledging \$1, \$2 or more for every pin that wrestler earns during the season. You can get a pledge form from any Fulton Wrestler or coach.



Alumni Night

Save The Date
December 23rd
Fulton vs. Canastota
Immediately Following Alumni and Fans
“Get Together”
At Polish Home

Nickles Add Up

Donate Your Returnable Bottles & Cans
to
Fulton Wrestling
at
Three Little Pigs
West Broadway
Across From The Lake



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