

# Nov/Dec 2015 Modified Wrestling

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16 Practice 3-5:00	17 Practice 3-5:00	18 Practice 3-5:00	19 Practice 3-5:00	20 Practice 3-5:00	21
22	23 Practice 3-5:00	24 Practice 3-5:00	25 No school	26 Thanksgiving	27 No practice	28
29	30 Practice 3-5:00	1 Practice @HS 3-5:00	2 Practice 3-5:00	3 Practice 3-5:00	4 Practice 3-5:00	5 Varsity Tour Mod help needed
6 Var Tour	7 No practice	8 Practice @HS 3-5:00	9 Practice 3-5:00	10 Practice 3-5:00	11 Practice 3-5:00	12
13	14 Practice 3-5:00	15 Practice @HS 3-5:00	16 Meet h Guild 4:15 @BCHS	17 Practice 3-5:00	18 Meet at Ballston Spa 4:30	19
20	21 Practice 3-5:00	22 Practice @HS 3-5:00	23 Meet at AP 4:15 Algonquin	24 No practice	25 No practice	26

## Upcoming events:

**12/1/15 Meet the coaches night. Immediately following practice in the high school upper gym near auditorium.**

**12/16/15** Home match with Guilderland will be at the high school before the JV/Varsity match.

**DEC 5th and 6th Varsity home tournament mod wrestlers and parents help is needed.**

**IMPORTANT:** please email Coach Mooney so a team email can be established.

Coach Holoday teachers in the middle school and wrestlers should speak to him during the day if there is an issue.

**Booster Club Contact:**  
George Spence  
gspence2@nycap.rr.com

Coach Sean Mooney  
School 439-4921  
Cell 225 -0366  
moonshs@bcsd.neric.org

Coach Chris Holoday  
choloday@bcsd.neric.org

# Jan/Feb Modified Wrestling

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4 Practice 3-5:00	5 <b>Meet H Colonie 4:15</b>	6 Practice 3-5:00	7 <b>Meet H Albany 4:15</b>	8 Practice 3-5:00	9
10	11 Practice 3-5:00	12 Practice 3-5:00	13 <b>Meet @ Nisky 4:15</b>	14 Practice 3-5:00	15 Practice 3-5:00	16
17	18 No Practice	19 Practice 3-5:00	20 <b>Meet H Shaker 4:15</b>	21 Practice 3-5:00	22 Practice 3-5:00	23 <b>Meet @ Albany 9:00 AM</b>
24	25 Practice 3-5:00	26 Practice 3-5:00	27 <b>Meet @ Mohonasen 4:15</b>	28 Practice 3-5:00	29 <b>Meet @ Columbia 4:15</b>	30 <b>BC JV Tour Mod wrestlers help at the meet at tables and other areas.</b>

Coach Sean Mooney  
School 439-4921  
moonshs@bcsd.neric.org

Upcoming events:

Modified Wrestlers are expected to help with table at JV tournament on February 1st. Parents are asked to help with food for concessions and at work at the concessions if possible.

**Booster Club Contact:**  
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