

# Apex Wrestling

July 22, 2016

Itinerary for the 1000 Islands Duals for the Junior High Team:

Friday August <sup>1st</sup>:

- Weigh-in at Clayton Area Arena between 8-9am (Meet at the gazebo in front of the entrance at 7:50 am).
- Wrestling starts at 9:00 am and will go until 6:00pm
- HS Weigh-Ins run from 3:30-5 pm. There is a pool at the arena, the JH boys can swim there if schedule allows.
- Return to Rochester following the final match.

\*Pack a separate bag with your wrestling gear, swimsuit and towel

\*\*The cost of the Tournament is \$35 per wrestler. Give cash or check (made out to Apex Wrestling) to Coach Bovenzi.

\*\*\* Money for food depends on what you pack for yourself.

FYI: They do sell food, wrestling t-shirts, singlets, shoes and headgear at the arena.

Your coaches will be Coach Bovenzi (RIT) and Coach Moore (Pittsford).

Clayton Town Recreational Park  
615 E Line Rd.  
Clayton, NY 13624

**Apex Wrestling Club-20 Hopper Hills Way-Mendon, NY 14506**

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