



Iowa City West Trojan Wrestling News



From the Coach's Corner

By Mark Reiland

November 12, 2008

Trojan High School Wrestling Team Letter to Parents

We hope your start to the 2008-2009 school year has been a good one! We are all excited about the start of wrestling season which is right around the corner. Once again we have goals of winning conference and state championships as we have in the years past. In order to do this we will continue to need a good mix of veteran wrestlers and newcomers working hard in the practice room. You have a great opportunity to be a part of the Trojan Wrestling family.

Here are some important things and dates to remember as they approach:

- We will have a **mandatory meeting** on **Thursday, November 13, 2007** in the old health room (between the two gyms) right after school. If you cannot attend the meeting you need to talk to Coach Reiland, Coach Orton, or Coach Gast prior to the meeting.
- If you weren't out for football or cross country, you need to make sure you have an updated physical and parent permission form on record in the athletic office. If you need these forms you can find them in the athletic office or on the West High website.
- The **first day of practice** is Monday, **November 17, 2008** with weight lifting at 6:30 am.

Once again this year promises to be a memorable one, and we hope you will all join in and be part of the excitement.

Coach Reiland

Coach Orton

Coach Gast

Coach Burke