



# Iowa City West Trojan Wrestling News



From the Coach's Corner

**By Mark Reiland**

**September 1, 2009**

## Trojan Wrestling Club Preseason Workouts

Trojan Wrestling Club preseason workouts will be on Mondays and Wednesdays from September 14 through November 4. These workouts will be in the Iowa City West wrestling room from 6:30 pm to 8:00 pm. Luke Eustice is guest clinician.

The Trojan War Hammers Competitive Club are welcome to attend these optional practices prior to the competitive club beginning on Monday, October 12.

See you there.

## Iowa City West Wrestling Calendar

A calendar feature has been added to the Iowa City West High Wrestling web-site. The calendar can be accessed by clicking on the calendar icon at the lower left column of any Iowa City West Wrestling website page. (<http://www.icwestwrestling.com>)

August 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

This calendar will show both practice and competition schedules for the Iowa City West Wrestling groups including:

- West High - Varsity.
- West High - Junior Varsity.
- West High - 10th Grade.
- West High - 9th Grade.
- North Central Junior High.
- Northwest Junior High.
- Trojan Wrestling Club.
- Trojan War Hammer - Competitive Youth Club.
- Trojan War Hammer - Beginner Youth Club.

Preseason practice and competition schedules for the Trojan Wrestling Club including the Trojan War Hammer - Competitive Youth Club have been added to the calendar. The calendar now shows the competition schedules for all West High, North Central Junior High, and Northwest Junior High events. Additionally, Trojan War Hammer - Competitive and Beginner Youth Club practice schedules available through March 2010.

*Check out the West High Wrestling Home page at [www.icwestwrestling.com](http://www.icwestwrestling.com).*