



Xenia Youth Wrestling Important Information

Emails:

xywcoaches@gmail.com

xywdirectors@gmail.com

Website:

www.xeniayouthwrestling.com

Contacts:

Director/ Head Coach: Sara O'Banion	Cell: 937-478-8248
Co-Director: Amber McReynolds	Cell: 937-708-6234

Practice:

First Practice Starts 11/9/2018 at 6: 30 pm, wrestling area of Xenia High School

Schedule of Tournaments:

December 2, 2018: Beaver creek High School

December 9, 2018: Northmont High School

December 16, 2018: Carroll High School

December 23, 2018: BYE

December 29, 2018: BYE

January 6, 2019: Stebbins High School

January 13, 2018: BYE

January 20, 2018: Home Tournament with CJ

January 27, 2018: Greenview (Jamestown) High School

February 3, 2018: Kings High School

Regionals: February 10, 2018: Beaver creek High School

Championship: February 17, 2018: The E.J. Nutter Center

Equipment:

Exercise clothes for practice (tshirts, shorts/ pants, etc), wrestling shoes, girls or boys with long hair will need a cap and headgear. Girls will also need a compression shirt for under singlet.