

Alfred-Almond
Varsity Wrestling 2011-2012

Coach Cook: 607-346-2549 (Cell)
607-276-6555 ext 4116 (School PE office)

SAT	12/03/11	WRESTLING	AVOCA DUALS	TBA	TBA
TUE	12/06/11	WRESTLING	AA AT BOLIVAR- RICHBURG	6:30 PM	5:00 PM
THU	12/08/11	WRESTLING	CAMPBELL-SAVONA AT A-A	6:15 PM	
TUE	12/13/11	WRESTLING	A-A AT WELLSVILLE	6:30 PM	5:15 PM
FRI	12/16/11	WRESTLING	ARKPORT DUALS	TBA	TBA
SAT	12/17/11	WRESTLING	ARKPORT DUALS	TBA	TBA
TUE	12/20/11	WRESTLING	A-A AT CANISTEO- GREENWOOD	6:15 PM	5:15 PM
WED	12/28/11	WRESTLING	GENESEO DUALS	TBA	TBA
TUE	01/03/12	WRESTLING	DANVILLE AT A-A	6:15 PM	
THU	01/05/12	WRESTLING	AVOCA AT A-A	6:15 PM	
TUE	01/10/12	WRESTLING	FILLMORE AT A-A	6:15 PM	
THU	01/12/12	WRESTLING	A-A AT JASPER- TROUBSBURG	6:15 PM	5:15 PM
SAT	01/14/12	WRESTLING	FRANKLINVILLE TOURNAMENT	9:30 AM	6:30 AM
THU	01/19/12	WRESTLING	A-A AT ARKPORT	6:15 PM	5:15 PM
SAT	01/21/12	WRESTLING	A-A AT WILLIAMSON, PA (BOB TRN)	10:00 AM	6:00 AM
THU	01/26/12	WRESTLING	ADDISON AT A-A	6:15 PM	

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The will to win is important, but the will to prepare is vital. -Joe Paterno