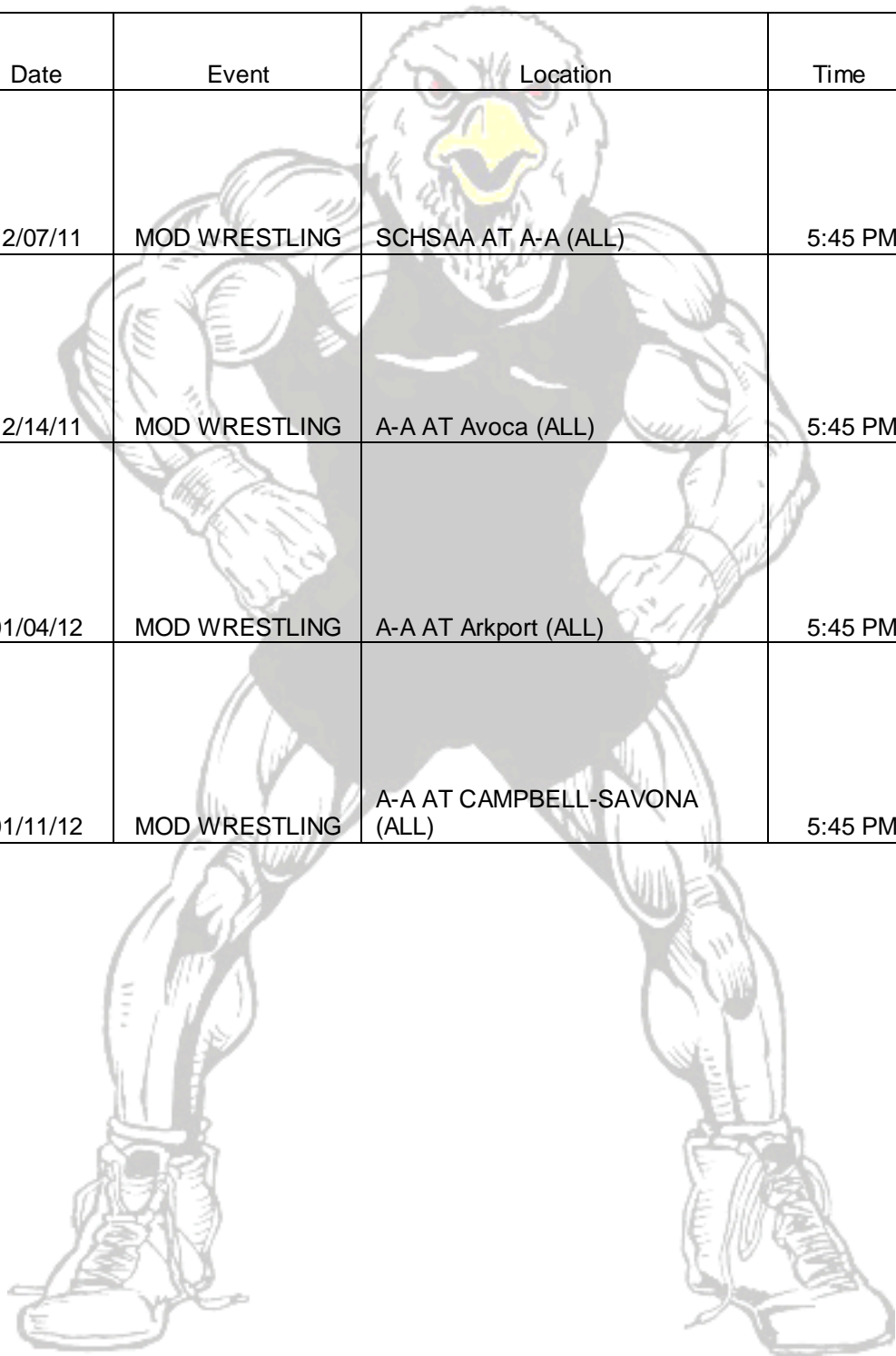


Alfred-Almond

Modified Wrestling 2011-2012

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

Day	Date	Event	Location	Time	Bus
WED	12/07/11	MOD WRESTLING	SCHSAA AT A-A (ALL)	5:45 PM	
WED	12/14/11	MOD WRESTLING	A-A AT Avoca (ALL)	5:45 PM	5:00 PM
WED	01/04/12	MOD WRESTLING	A-A AT Arkport (ALL)	5:45 PM	4:30 PM
WED	01/11/12	MOD WRESTLING	A-A AT CAMPBELL-SAVONA (ALL)	5:45 PM	4:30 PM



gcook@aacs.wnyric.org or tmgecook@gmail.com

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