

# November 2011



**Jaguar Wrestling**  
**Emerald Ridge High School**  
 12405 184th Street SE  
 Puyallup, WA 98374

School Phone: 253-435-6300  
[www.JagWrestling.com](http://www.JagWrestling.com)  
[facebook.com/groups/erhswrestling](https://www.facebook.com/groups/erhswrestling)

Jim Meyerhoff  
 Head Coach  
[meyerhja@puyallup.k12.wa.us](mailto:meyerhja@puyallup.k12.wa.us)

Cody Meek  
 Assistant Coach

Lisa Kusche  
 Assistant Coach  
[kuschelm@puyallup.k12.wa.us](mailto:kuschelm@puyallup.k12.wa.us)

David Walker  
 Assistant Coach

Volunteer Assistants:  
 Craig Fredrikson  
 John Gallagher  
 Brian Nieblas  
 Robbie Schlecht

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 See Mr. Dittus in office for Clearance Card	2 Now give your Clearance Card to Mr. Meyerhoff in E107	3	4	5
6	7	8 REALLY, get your clearance card to Coach Meyerhoff NOW	9	10 <b>Last Chance-get your clearance card to Coach Meyerhoff today</b>	11 No School Veterans Day	12
13 <b>SENIORS WEEK TO SETUP</b>	14 Team Meeting 3:30 pm First Project Area Conditioning 3:45-4:30 Practice 4:40-6:30	15 Morning Mat Time 6:00-7:10 am <b>Boys Practice 2:40-5:00 pm</b> <b>Girls 2:30 Study Hall Practice until 6:00</b>	16 Morning Mat Time 7:00 am Practice 3:30-6:30 Conditioning First	17 Morning Mat Time 6:00-7:10 am <b>Girls Practice 2:40-5:00 pm</b> <b>Boys 2:30 Study Hall Practice until 6:00</b>	18 Practice 2:40-5:00	19 Practice 8:00-10:30 am
20 <b>JUNIORS WEEK TO SETUP</b>	21 Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	22 Morning Mat Time 6:00-7:10 am Practice 4:30-6:30 <b>Parent Info Night 7:00-8:00 pm, Auditorium</b>	23 Morning Practice 7:00-8:55 am <b>OR</b> Practice 2:40-4:30	24 Happy Thanksgiving Run on your own or with a teammate	25 Practice 10:30 am-1 pm	26 Practice 8-10:30 am
27 <b>SOPHS WEEK TO SETUP</b>	28 Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	29 Morning Mat Time 6:00-7:10 <b>WEIGHT CERT. 2:30</b> Practice to follow (5:20pm)	30 Morning Mat Time 7:00 am Bus to GK will leave 2:45 pm <b>Jamboree @ GK Boys and Girls Weigh-in 3:15 Wrestling at 4:30 pm</b>			

# December 2011



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<b>SOPHS WEEK TO SETUP</b>				<b>1</b> Girls Practice 2:40-5:00 pm Boys 2:30 Study Hall Practice until 6:00	<b>2-BB</b> Morning Mat Time 6:00-7:10 am Practice 2:40-5:20  Move mats downstairs	<b>3</b> ERHS JV/Girls Tournaments Setup 6:30 am Weigh-in 7:30 Wrestling 9:00
<b>4 SENIORS WEEK TO SETUP</b>	<b>5</b> Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	<b>6-BB</b> Morning Mat Time 6:00-7:10 am  Boys Practice 2:40-5:00 pm Girls 2:30 Study Hall Practice until 6:00	<b>7-GYM</b> Morning Mat Time 7:00 am Practice 2:40-3:30  Boys v Beamer Setup 4:40 pm Girls v Beamer?	<b>8-GB</b> Girls Practice 2:40-5:00 pm Boys 2:30 Study Hall Practice until 6:00	<b>9</b> Morning Mat Time 6:00-7:10 am Practice 2:45-5:00	<b>10-GB</b> Varsity Boys @ Puyallup JV Boys @ Franklin Pierce Girls @ White River
<b>11 JUNIORS WEEK TO SETUP</b>	<b>12</b> Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	<b>13</b> Morning Mat Time 6:00-7:10 am  Boys Practice 2:40-5:00 pm Girls 2:30 Study Hall Practice until 6:00	<b>14</b> Morning Mat Time 7:00 am Practice 2:40-3:30  Boys v Bethel Girls v Bethel Setup 4:40 pm	<b>15</b> Practice 2:40-5:20  Girls Duals Setup 4:40 pm	<b>16-BB</b> Varsity Boys at Hammerhead Tournament Practice 2:40-4:15	<b>17</b> Hammerhead day 2 Remaining Boys and Varsity Girls  JV @ ???
<b>18 ALL SETUP</b>	<b>19</b> Winter Break Practice 10 am - 12:30 pm	<b>20</b> Winter Break Practice 8 am -10:30 am Girls @ AUMV 4:00 pm	<b>21</b> Winter Break Practice 8 am - 10:30 am Girls @ AUMV 9:30 am	<b>22</b> Girls, no practice  Boys Orting DD 5:00 pm	<b>23</b> Winter Break No practice	<b>24</b> Winter Break No practice
<b>25 ALL SETUP</b>	<b>26</b> Winter Break Practice 2:30 pm-5:00 pm	<b>27</b> Winter Break Practice 9:00-11 am	<b>28</b> Winter Break Practice for all not competing 8-10am SPSL JV . @ TJHS SPSL Girls @ ER	<b>29</b> Winter Break Practice for all not competing 8-10am Varsity Boys at SPSL Tourn-Auburn	<b>30</b> Winter Break Practice for all not competing 8-10am Varsity Boys at SPSL Tourn	<b>31</b> Winter Break No practice  Condition with a teammate

# January 2012



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>SOPHS WEEK TO SETUP</b>	2 Practice 2:40-5:20	3-GB Morning Mat Time 6:10-7:10 am  Practice 2:40-5:20	4 Morning Mat Time 7:00 am  Double Dual FW/ Rogers @ Rogers 4:30 pm	5 Practice 2:40-5:20  Girls Home Match TBD	6-BB Morning Mat Time 6:10-7:10 am  Practice 2:40-4:30	7 Varsity and JV Boys @ KM Tourn. Bus 6:30 am
8 <b>SENIORS WEEK TO SETUP</b>	9 Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	10-GB Morning Mat Time 6:00-7:10 am  <b>Boys</b> Practice 2:40-5:00 pm <b>Girls</b> 2:30 Study Hall Practice until 6:00	11-GYM Morning Mat Time 7:00 am  Practice 2:40-4:30 <b>Girls v TBD</b> Setup 5:00 pm	12 Practice 2:40-3:30  <b>Boys v GK</b> Setup 4:40 pm	13-GB Morning Mat Time 6:00-7:10 am  Practice 2:40-4:00	14 Varsity and Girls at Fife Tournament Meet @ Fife HS
15 <b>JUNIORS WEEK TO SETUP</b>	16 MLK Jr. Day No School Practice 8:00-10:30 am	17-GB Morning Mat Time 6:00-7:10 am  <b>Girls</b> Practice 2:40-5:00 pm <b>Boys</b> 2:30 Study Hall Practice until 6:00	18 Morning Mat Time 7:00 am Girls 2:40-4:00  Double Dual PHS/ SLHS B/G @ SLHS 4:30 pm	19 Practice 2:40-5:30 <b>TEAM PHOTOS</b> Move mats GV  <b>Boys Home Match</b> TBD	20-BB Morning Mat Time 6:10-7:10 am  Practice 2:45-5:00 Move mats-setup 4 mats	21 Jaguar Invite  V, JV & Girls Setup 6:30 am Weigh-in 7:30 am Wrestling 9:00 am
22 <b>SOPHS WEEK TO SETUP</b>	23 Study Hall 2:30-3:30 Conditioning 3:45-4:30 Practice 4:40-6:30	24-BB Morning Mat Time 6:00-7:10 am  <b>Boys</b> Practice 2:40-5:00 pm <b>Girls</b> 2:30 Study Hall Practice until 6:00	25 Morning Mat Time 7:00 am  Practice 2:40-3:30 <b>ER @ Curtis</b> Bus 4:00 pm	26 <b>Girls</b> Practice 2:40-5:00 pm <b>Boys</b> 2:30 Study Hall Practice until 6:00	27 Morning Mat Time 6:10-7:10 am Practice 2:45-4:30 Girls until 3:30 <b>Girls v Rogers</b> Setup 5:00 pm	28-GB Washington Tour- nament Bus 6:00 am <b>Girls @ Jackson</b> Tournament or WA Tournament Bus 5:45 am
29 <b>SENIORS WEEK TO SETUP</b>	30 Morning Mat Time 6:10-7:10 am Practice 2:40-4:15 Dinner @ Meyerhoff's 5:30-9:00 pm	31-BB Morning Mat Time 6:10-7:10 am  Practice 2:40-5:00				

# February 2012



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<p><b>SENIORS WEEK TO SETUP</b></p>			<p><b>1</b>                      Morning Mat Time                      7:00 am</p> <p>Practice                      2:40-4:30</p>	<p><b>2</b>                      Morning Mat Time                      6:10-7:10 am</p> <p>Practice                      2:40-4:30</p>	<p><b>3-GB</b>                      Boys League                      Tournament @ ???                      Meet TBD</p> <p>Girls League?</p> <p>Girls Practice TBD</p>	<p><b>4</b>                      Boys League                      Tournament @ ???</p> <p>Girls League @ ???</p>
<p><b>5</b>  <b>JUNIORS WEEK TO SETUP</b></p>	<p><b>6</b>                      Study Hall                      2:30-3:30                      Conditioning                      3:45-4:30                      Practice                      4:40-6:30</p>	<p><b>7-BB</b>                      Morning Mat Time                      6:10-7:10 am</p> <p>Practice                      2:40-4:30                      Gear Due for all                      athletes no longer                      competing</p>	<p><b>8</b>                      Morning Mat Time                      7:00 am</p> <p>Practice                      2:40-4:30</p>	<p><b>9</b>                      Morning Mat Time                      6:10-7:10 am</p> <p>Practice                      2:40-4:30</p>	<p><b>10</b>                      Practice                      2:40-4:30  <b>Last required                      practice for                      everyone</b></p>	<p><b>11</b>                      Regional                      Tournament @                      Rogers</p> <p>Girls Regional @                      ERHS</p>
<p><b>12</b></p>	<p><b>13</b>                      For State                      Participants                      2:40-4:30 pm</p>	<p><b>14</b>                      Practice                      2:40-4:30</p> <p>Gear Due for all                      athletes no longer                      competing</p>	<p><b>15</b>                      Morning Mat Time                      7:00 am</p> <p>Practice                      2:40-4:30</p>	<p><b>16</b>                      Practice                      3:30-5:00 in the                      Dome                      Leave to Dome                      from locker room                      2:30 pm</p>	<p><b>17</b>                      State                      Tournament @                      Tacoma Dome</p>	<p><b>18</b>                      State                      Tournament @                      Tacoma Dome</p>
<p><b>19</b></p>	<p><b>20</b>                      No School</p>	<p><b>21</b>                      Gear Due for all                      athletes</p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
				<p><b>Tuesday, March 6                      Wrestling Banquet                      ERHS Commons                      6:30 pm</b></p>		