

HF WRESTLING INFORMATIONAL MEETING

Thursday, October, 10, 2019

North Building | N101 Classroom | 3:15 PM



- ▶ **First Things First**
- ▶ **Coaching Staff**
- ▶ **Competition Schedule**
- ▶ **Pre-Season**
- ▶ **Wrestling Club**
- ▶ **Social Media**

CONTENTS



▶ Registration – <http://il.8to18.com/HF>

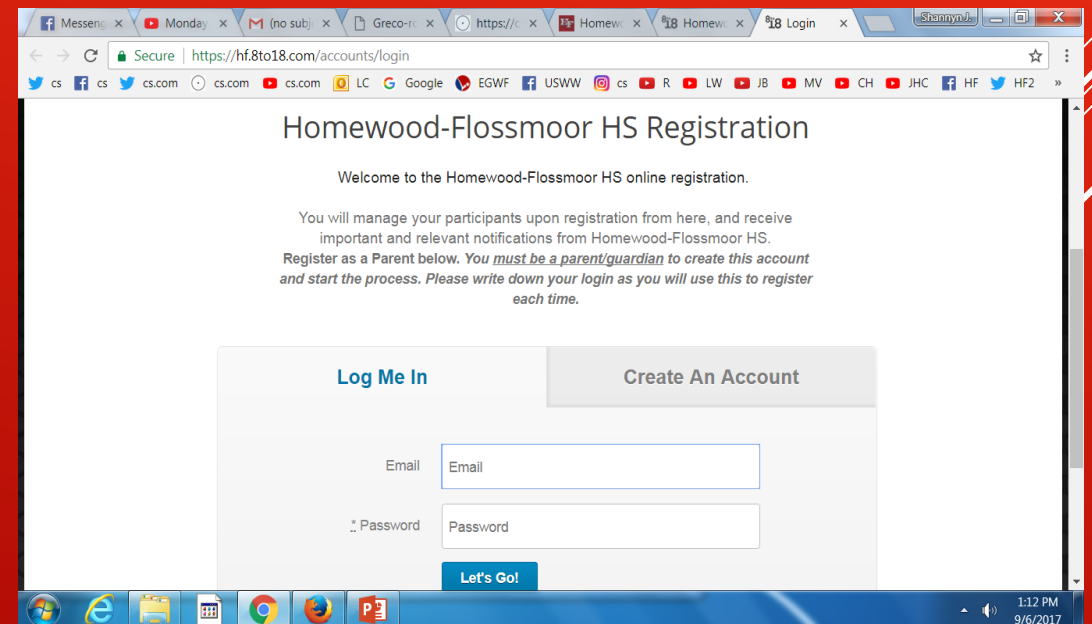
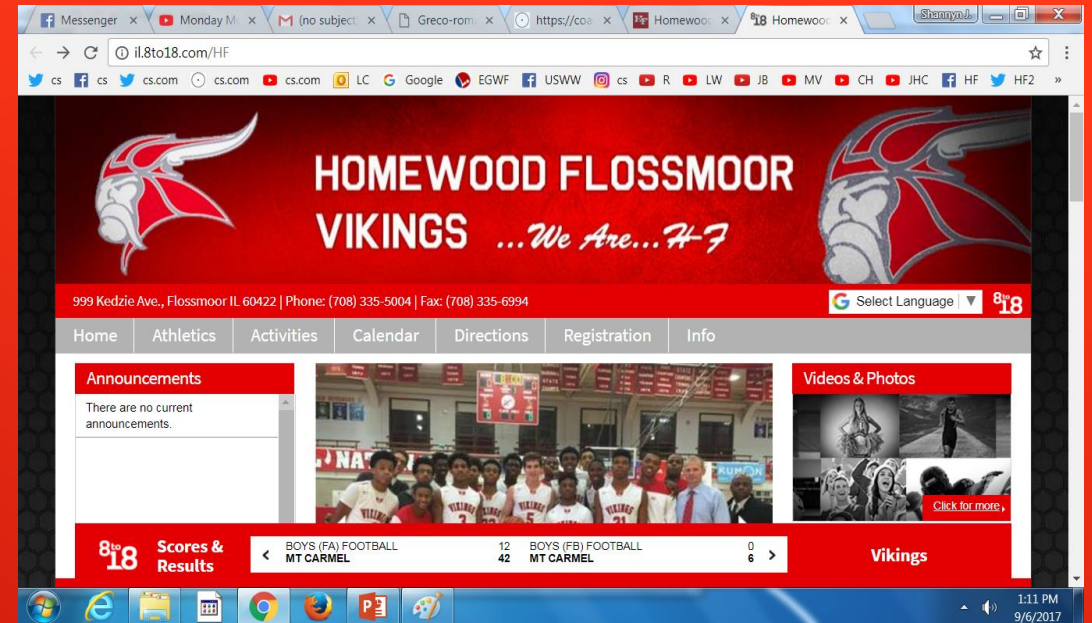
▶ Physicals – Robin Nettles

▶ First Practice – Tuesday Nov. 12
3:30–5:30 M-F | Sat 9–11

▶ Open Mat Strength – NOW

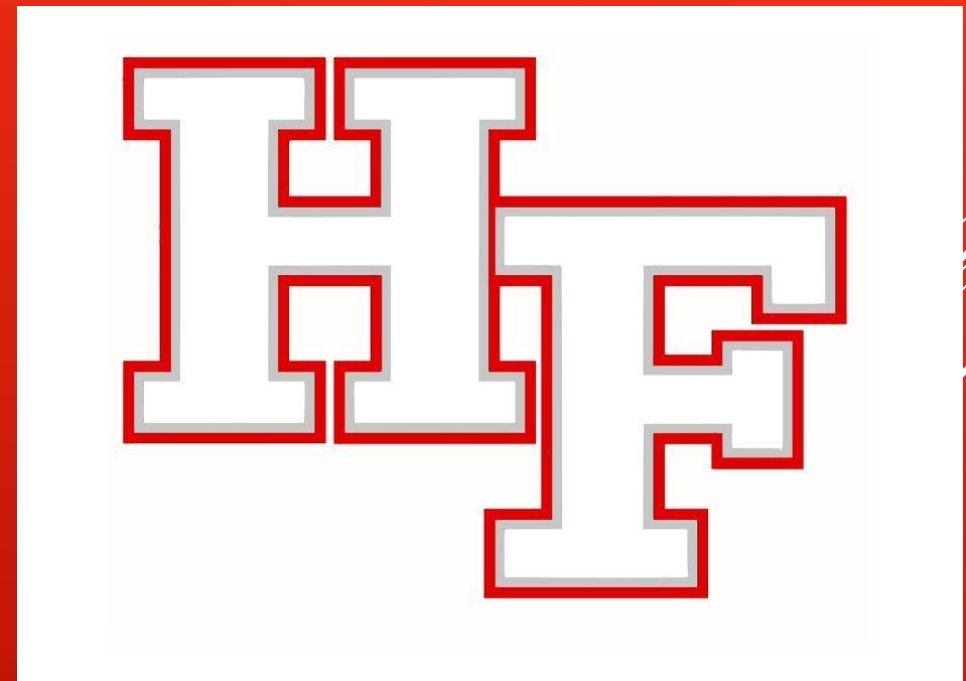
▶ Condition – NOW

FIRST THINGS FIRST



- ▶ Head Coach – Shannyn J. Gillespie
- ▶ Assistant Coach – Jim Sokoloski
- ▶ Assistant Coach – Isaac Roberson
- ▶ Assistant Coach – Brian Hernandez
- ▶ Assistant Coach – Evan Roberts
- ▶ Assistant Coach – Terrell Alexander III
- ▶ Assistant Coach – Jen Olumstad
- ▶ Assistant Coach – Cat Brown

COACHING STAFF



▶ <http://il.8to18.com/hf/activities/wrestling/b>

▶ [Varsity Schedule](#)

▶ [JV Schedule](#) | [Girls](#)

▶ [Freshman](#)

COMPETITION SCHEDULES

The screenshot shows the homepage of the il.8to18.com website. The header includes the address "999 Kedzie Ave., Flossmoor IL 60422 | Phone: (708) 335-5004 | Fax: (708) 335-6994" and a "Select Language" dropdown. The main navigation menu has tabs for Home, Athletics, Activities, Calendar, Directions, Registration, and Info. Below the menu, there are two columns of sports teams: BOYS TEAMS and GIRLS TEAMS. The BOYS TEAMS list includes Baseball, Basketball, Cross Country, Diving, Football, Golf, Gymnastics, Ice Hockey, Lacrosse, Soccer, Swimming, and Tennis. The GIRLS TEAMS list includes Badminton, Basketball, Cross Country, Dance, Diving, Field Hockey, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track And Field, Volleyball, and Water Polo. At the bottom, there is a "Scores & Results" section with a "Vikings" logo.

BOYS TEAMS		
BASEBALL	GYMNASTICS	TRACK And FIELD
BASKETBALL	ICE HOCKEY	VOLLEYBALL
CROSS COUNTRY	LACROSSE	WATER POLO
DIVING	SOCCER	WRESTLING
FOOTBALL	SWIMMING	
GOLF	TENNIS	

GIRLS TEAMS		
BADMINTON	FIELD HOCKEY	SWIMMING
BASKETBALL	GOLF	TENNIS
CROSS COUNTRY	GYMNASTICS	TRACK And FIELD
DANCE	SOCCER	VOLLEYBALL
DIVING	SOFTBALL	WATER POLO

COED

ATHLETIC ADMINISTRATION	CHEERLEADING	OPEN GYM	RENTAL
-------------------------	--------------	----------	--------

8^{to}18 Scores & Results

BOYS (V) FOOTBALL SOUTHERN DURHAM (NC) 43 6

GIRLS (V) GOLF STAGG 241 216

Vikings

The screenshot shows the "BOYS WRESTLING" section of the il.8to18.com website. The header includes the address "999 Kedzie Ave., Flossmoor IL 60422 | Phone: (708) 335-5004 | Fax: (708) 335-6994" and a "Select Language" dropdown. The main navigation menu has tabs for Home, Athletics, Activities, Calendar, Directions, Registration, and Info. Below the menu, there is a "BOYS WRESTLING" section with a "Varsity" tab selected. The section includes a "VIDEOS & PHOTOS" tab, a "SCHEDULE & RESULTS" tab, a "NEWS & ANNOUNCEMENTS" tab, and a "ROSTER" tab. A large photo of Coach Evan Roberts is displayed. To the right, there is a "News" section with the text "There are no current announcements." At the bottom, there is a "Scores & Results" section with a "Vikings" logo.

VIKINGS ...We Are...H-7

999 Kedzie Ave., Flossmoor IL 60422 | Phone: (708) 335-5004 | Fax: (708) 335-6994

Home Athletics Activities Calendar Directions Registration Info

BOYS WRESTLING

Varsity JV FRESHMAN

VIDEOS & PHOTOS

SCHEDULE & RESULTS

NEWS & ANNOUNCEMENTS

ROSTER

Head Freshman Wrestling Coach Evan Roberts

8^{to}18 Scores & Results

BOYS (V) FOOTBALL SOUTHERN DURHAM (NC) 43 6

GIRLS (V) GOLF STAGG 241 216

Vikings

▶ HF Elite Wrestling Club

▶ Coach Dan Ryan

▶ Grades 5-12

▶ Coaches Needed

WRESTLING CLUB

YOUTH WRESTLING – HOMEWOOD FLOSSMOOR HS



Committed

An opportunity to have fun, be active, be part of team and develop as wrestler. Integrity, strong work ethic and self-discipline are our foundation. Commit to each day.

Who: Ages 6-14, Boys and Girls

Where: Wrestling Room; HFHS North Fieldhouse

When: November 6, 2019 - March 10, 2020 – Practice

- 8 & Under – M W 6:30-8:15
- 9 & Above – M W Th 6:30-8:15

Cost: \$300* includes

- USA Wrestling Card (provides insurance)
- Tournament Entry Fees (\$20-\$25 per event) (Sun/Sat)
- Team Shirt, Practice & Clinics

**Payments Plans are available, \$50 needed at registration for USA Wrestling Card*

**Parents will also be responsible for competition uniform, headgear, and wrestling shoes (approx. \$180)*

In-Person Registration

When: **Thursday, Oct. 31, Friday, Nov. 1, Monday, Nov. 4, Tuesday, Nov. 5**

From: **6:30 pm – 7:15 pm**

Where: **HF North Fieldhouse**

Bring: **Birth Certificate (New Wrestlers), Fees (Cash, Credit, or Check) and any Questions**

Contact: Coach Dan Ryan 312-479-5687

Email: coachdan@hfelite.org

ONLINE registration is also available at www.hfelite.org - Click "Registration" tab on the left

HF Elite WC is a 501(c)(3) organization that accepts deductible donations to partially subsidize wrestler's cost and to provide access to wrestling to everyone. If you are unable to afford the cost. Please see Coach Dan to discuss our fee assistance program.

Distribution of information by community groups in accordance with Districts 153, 161 and 233 does not imply directly or indirectly that the content of the material is sanctioned, sponsored, or endorsed by the Districts.



WWW.HFELITE.ORG



▶ Coach Shannyn | S&C

▶ Coaching Staff | Open Mat

▶ Watch VTV

▶ View Announcement Boards

PRE-SEASON



**Homewood-Flossmoor
High School
Strength and Conditioning**

The North weight room is open for
all current students at H-F

NORTH

**Monday—Thursday
Weight Room**

3:15 PM—5:35 PM



Open Mat

Open Mat Schedule #hfwrestling2019

Time: 3:15 - 5:45

Place: Fieldhouse Wrestling Room

Sept: 4, 6, 11, 18, 20, 25, 27

Oct: 2, 4, 11, 18, 21, 23, 25, 28, 30

Nov: 1

For Homewood-Flossmoor high school boys & girls only.

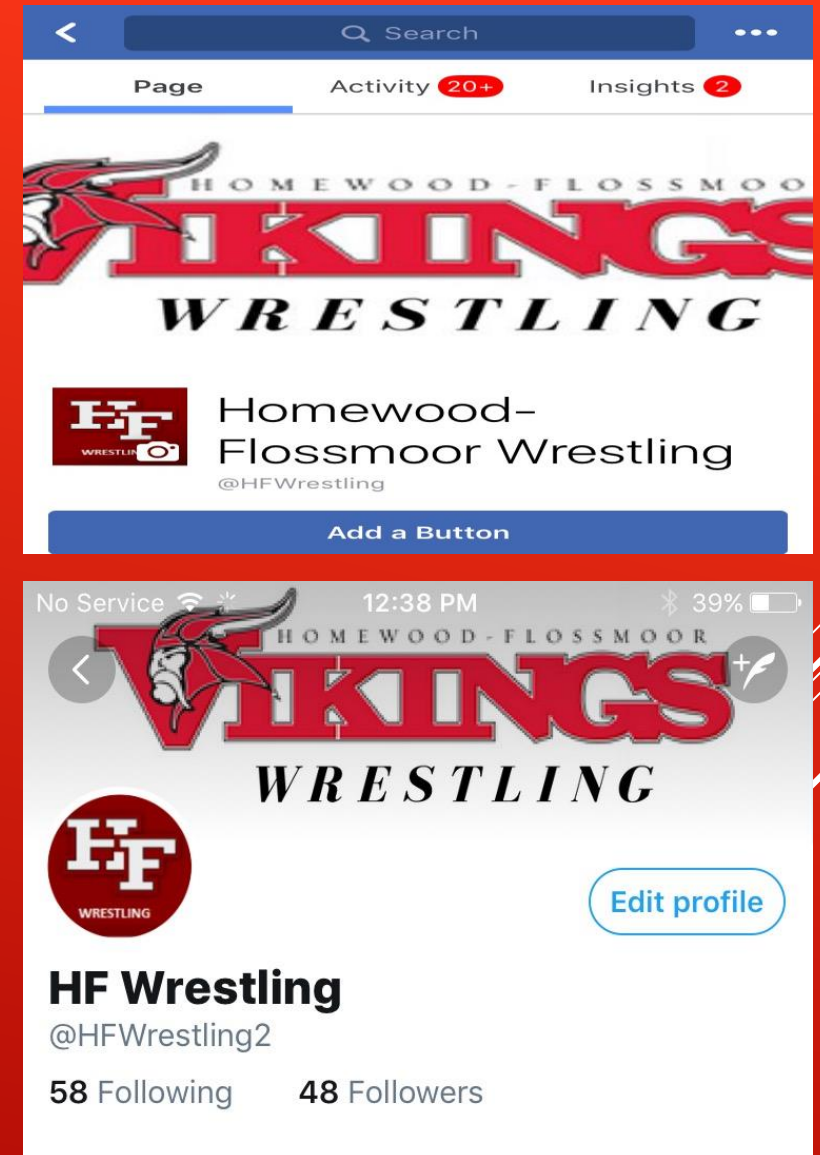
Wrestling

▶ <https://hfwrestling.org>

▶ <https://www.facebook.com/HFWrestling/>

▶ <https://twitter.com/HFWrestling2>

SOCIAL MEDIA



GOALS

