

Penn Hills Varsity Wrestling 2019-20

Voluntary Off-Season Workouts

Mondays and Wednesdays – Strength training at the Fralic Center from 5:30 pm – 7:00 pm

Tuesdays and Thursdays – Wrestling at the Field House from 5:30 pm – 7:00 pm

Physicals

Thursday, October 24, 7:00 am

Senior High Nurse's Office

Wednesday, November 6, 7:00 am

Senior High Nurse's Office (Make-up Day)

Physical Forms may be obtained from the Athletic Office, Main Office, or Penn Hills School District website.

First Day of Practice/Tryouts(Mandatory)

Monday, November 18 at the Field House from 3:15 pm – 5:30 pm.

A season schedule will be provided at this time.

Coach Packer and Coach Dawson will hold an informational meeting on Thursday, October 17 in the cafeteria during IE (7:35am).

If a student or his/her parents have any questions, call Coach Packer at (724)448-6878.