

November 2017

Coach Frischmann 609-709-3343

e-mail: kfrischmann@srsd.net

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Practice 2:30 to 5:00	14 Practice 2:30 to 5:00	15 Practice 2:30 to 5:00	16 Practice 2:30 to 5:00	17 Practice 2:30 to 5:00	18 Practice 10:00 to 12:00
19	20 Practice 2:30 to 5:00	21 Practice 2:30 to 5:00	22 Practice 12:30 to 3:00	23 Thanksgiving No Practice	24 Practice 10:00 to 12:00	25 Practice 10:00 to 12:00
26	27 Practice 2:30 to 5:00	28 Practice 2:30 to 5:00	29 Practice 2:30 to 5:00	30 Practice 2:30 to 5:00		

December 2017

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 JSJWL *See Schedule*
3	4 Practice 2:30 to 5:00	5 Practice 2:30 to 5:00	6 Practice 2:30 to 5:00	7 <u>A Team Tri Meet</u> 3:00 @ Howell	8 Practice 2:30 to 5:00	9 JSJWL *See Schedule*
10	11 Practice 2:30 to 5:00	12 <u>Central Reg.</u> 3:45 @ SRMS	13 Practice 2:30 to 5:00	14 <u>Pennsville</u> 3:45 @ P-ville	15 Practice 2:30 to 5:00	16 JSJWL *See Schedule*
17	18 Practice 2:30 to 5:00	19 <u>Toms River North</u> 3:45 @ SRMS	20 Practice 2:30 to 5:00	21 <u>Toms River East</u> 3:45 @ SRMS	22 No Practice	23 Practice 10:00 to 12:00
24	25 Christmas	26 Practice 10:00 to 12:00	27 Practice 10:00 to 12:00	28 Southern Slam A-Team Tourn.	29 No Practice	30 Practice 10:00 to 12:00
31						

A Team Tri Meet = Howell South and Salk (Old Bridge)---B team will be off on 12/7.
12/14 match is for A-team only. (B team is off)
Southern Slam= Be prepared to help in setting up the 11/12 high school gym on 12/27. We'll have more work to do than just practice that day!

January 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice 10:00 to 12:00	2 <u>Lake Riviera</u> 3:45 @ SRMS	3 Practice 2:30 to 5:00	4 <u>McAuliffe</u> 3:45 @ SRMS	5 Practice 2:30 to 5:00	6 JSJWL *See Schedule*
7	8 Practice 2:30 to 5:00	9 <u>Kingsway</u> 4:30 @ Kingsway	10 <u>Toms River South</u> 3:45 @ TRS	11 Practice 2:30 to 5:00	12 Practice 2:30 to 5:00	13 JSJWL *See Schedule*
14	15 Practice 10:00 to 12:00	16 Practice 2:30 to 5:00	17 <u>Vets Memorial</u> 3:45 @ Vets	18 Practice 2:30 to 5:00	19 Practice 2:30 to 5:00	20 JSJWL *See Schedule*
21	22 Practice 2:30 to 5:00	23 <u>Goetz</u> 3:45 @ Goetz	24 <u>Long Branch (B)</u> 3:45 @ Long Br.	25 Practice 2:30 to 5:00	26 Practice 2:30 to 5:00	27 Red Division Tourn. TBA @ Lakewood HS
28	29 O.C. Champions 6pm @ Lake Riv.	30 Practice 2:30 to 5:00	31 Practice 2:30 to 5:00			
			1/9 match is for A team only. Red Division Tournament = A team only (RDT champs only wrestle on 1/29) B team match on 1/24 = A team will practice from 2:30 to 5:00 as usual.			

February 2018

Coach Frischmann 609-709-3343
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Tri-Counties 6pm @ TBD	2 B-Team Tourn. @ Lake Riviera	3 JSJWL *See Schedule*
4 JSJWL Team Playoffs	5 Practice 2:30 to 5:00	6 <u>Millville (B team)</u> 4:00 @ Millville	7 Practice 2:30 to 5:00	8 No Practice	9 Practice 2:30 to 5:00	10 No Practice
11	12 Practice 2:30 to 5:00	13 Practice 2:30 to 5:00	14 No Practice	15 Practice 2:30 to 5:00	16 No Practice	17 Practice 10:00 to 12:00
18 JSJWL Tourn. @TBA	19	20	21	22	23	24
25	26	27	28			

JSJWL A Division Tournament = Toms River East H.S.

JSJWL B Division Tournament = Lacey Township H.S.

2/6 match is for B team only. (A team will have off that day.)

B Team Equipment Return = Monday February 5th in Gym C after school (Please wash equipment before returning them) **Only for those kids not going to Millville and who aren't on Stafford II******

Jersey Shore Junior Wrestling League

A-Division---Stafford I

Week #1	December 2 nd	Pt. Pleasant and Howell I vs. Stafford I @ Howell
Week #2	December 9 th	Rumson and Shore vs. Stafford I @ SRMS
Week #3	December 16 th	Ocean I and BYAA I vs. Stafford I @ Lacey
Week #4	January 6 th	Hazlet and Matawan vs. Stafford I @ SRMS
Week #5	January 13 th	Manalapan and Old Bridge vs. Stafford I @ Old Bridge
Week #6	January 20 th	Toms River I and Brick I vs. Stafford I @ Toms River
Week #7	January 27 th	Bye Week (Red Division Tournament for middle school)
Week #8	February 3 rd	Jackson I and Robbinsville vs. Stafford I @ Robbinsville
Playoffs	February 4 th	@ Brick Memorial High School (see explanation below)
Tournament	February 18 th	@Toms River East High School (medals to 6 th)

*All Home matches unless otherwise specified will begin with **set up at 7 AM** on Saturdays.

*Away Matches and times will be announced the week of the match.

Teams in A Division

Stafford I, Toms River I, Lacey, BYAA I, Howell I, Ocean I, Point Pleasant, Brick I, Old Bridge, Matawan, Manalapan, Robbinsville, Shore, Hazlet I, Rumson, Jackson I

Another New Playoff Format

1st to 6th place teams will wrestle in the playoffs (3 v 6 and 4 v 5 with 1 and 2 getting byes)

Semi-final losers will wrestle for 3rd place. Trophies given to top 3 teams.

Contact Info: Coach Frischmann: 609-709-3343

Jersey Shore Junior Wrestling League

B-Division---Stafford II

Week #1	December 2 nd	Howell II/Jackson II vs. Stafford II @ SRMS
Week #2	December 9 th	Wall/Red Bank vs. Stafford II @ TBD
Week #3	December 16 th	Toms River II/Brick II vs. Stafford II @ Brick
Week #4	January 6 th	BYAA II/Long Branch vs. Stafford II @ Long Branch
Week #5	January 13 th	Lacey II/Berkeley vs. Stafford II @ Berkeley
Week #6	January 20 th	Holmdel/Keansburg vs. Stafford II @ Keansburg
Week #7	January 27 th	Bye Week (Red Division Tournament for middle school)
Week #8	February 3 rd	Freehold/Marlboro vs. Stafford II @ Barnegat
Playoffs	February 4 th	@ Brick Memorial High School (see explanation below)
Tournament	February 18 th	@ Lacey Township High School (medals to 6 th)

*All Home matches unless otherwise specified will begin with **set up at 7 AM** on Saturdays.

*Away Matches and times will be announced the week of the match.

Teams in B Division

Stafford II, Wall, Toms River II, Berkeley, Marlboro, Holmdel, Long Branch, Freehold, Barnegat, Howell II, Red Bank, Lacey II, Jackson II, Keansburg, BYAA II, Brick II

Another New Playoff Format

1st to 6th place teams will wrestle in the playoffs (3 v 6 and 4 v 5 with 1 and 2 getting byes)

Semi-final losers will wrestle for 3rd place. Trophies given to top 3 teams.

Contact Info:

Coach Law: 609-713-1016

Coach Frischmann: 609-709-3343 (**only if unable to reach Coach Law**)