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Holmen Women's Wrestling Newsletter - First Week of the Season!

F.U.N.



Wrestling season is finally here!

- We kicked off the year with our pre-season [lock-in!](#) We stayed overnight at the high school for a night of fun, games, and pizza! 🎉 🍕
- We are five practices in and started the year with 28 wrestlers, which is the biggest women's team in the state!
- We are one of very few teams in the state to practice completely separately from the boys. That allows us to have our technique built just towards us and women's wrestling! Our goal is to be great at a few things rather than average at many things.
- We've changed our schedule to add more duals! During the first week of December, we travel to Eau Claire and Nekoosa. In January, our varsity reserve will dual Kickapoo.
- As leaders in women's wrestling, we get to help other teams with their growth. It will be Kickapoo's first ever women's dual and Nekoosa's second! Our full schedule is on our [Instagram](#) page.

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- We look forward to our competitions and a great year!



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