



**MIGHTY
BLUEBIRDS**



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Congratulations Bluebirds!

**Parochial League Cross Country
3200 Meters**

~ Championship Meet ~ Oct. 19th, 2011

Bluebird Top Runners out of 69!

1st Place Matthew Forte

3rd Place Christopher Elser

4th Place Will Stafford

6th Place Ethan Flis

12th Place Harry O'Mara

Bluebird Spotlight



2012 Mighty Bluebird 5K

Saturday, June 9, 2012

MARK YOUR CALENDAR

Life Champs Football
Champions 2006, 2007
and 2008

Wrestling State
Champions
2009, 2010, 2011

Soccer State Cham-
pions 1999, Oops,
2001, 2002, 2003,
2004, 2005, 2006, 2007,
2008, 2009, 2010, 2011





2011 Capital City Cup



MIGHTY BLUEBIRD SOCCER



**Mighty Bluebird Blue TEAM
Capital City Cup Classic 2011
CHAMPIONS!**

Way To Go Bluebirds!

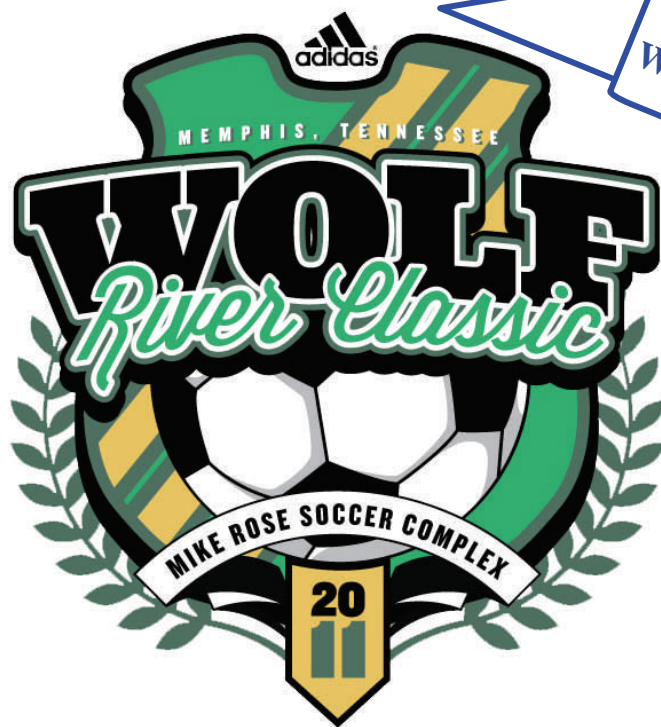


*Mighty Bluebird Ozark Classic Cup
CHAMPIONS
Mighty Bluebird Boys U13 Green Team*

Way To Go Bluebirds!



*Mighty Bluebird Ozark Classic Cup
CHAMPIONS
Mighty Bluebird Girls U11 Pink Team*



Mighty Bluebird Adidas Wolf River Classic
CHAMPIONS

Mighty Bluebird Boys U10 White Team



Bluebird Soccer Picture Day

*Tuesday, November 1st @
Bluebird Field*

*~go to www.mightybluebirds.com to fill
out your picture form online~*



MIGHTY BLUEBIRD SOCCER

U13 Mighty Bluebird Yellow Girls Team



Wrestling News

Mighty Bluebirds Youth Wrestling Club Key Dates

ALL WRESTLERS MUST REGISTER ONLINE

Be sure to register online at www.mightybluebirds.com

- ◆ **November 14th, High School State Tournament Committee Meeting Luncheon** @ 11:30 a.m. The Hatcher Agency Offices, 310 Louisiana Street - Bluebird Wrestling Parents
- ◆ **November 18-19, 2011 Cliff Keen Kickoff Classic** Tulsa, OK - Deadline to register Nov. 8, 2011 - Hotel Info. Online at www.worldofwrestling-roller.com - REGISTER & BOOK NOW!
- ◆ **December 2-3, 2011 Cliff Keen Amarillo Nationals** Amarillo, TX
- ◆ **January 13-14, 2012 Cotton Bowl** Frisco, TX
- ◆ **January 19-21, 2012 Cliff Keen Tulsa Nationals & Novice** Tulsa, OK
- ◆ **February 10-11, 2012 High School State Wrestling Tourn. Little Rock, AR Stephens Ctr. (Bluebird Volunteers Needed!)**
- ◆ **February 25, 2012 Liberty Nationals** Municipal Auditorium Kansas City, MO
- ◆ **March 2-3, 2012 Cliff Keen Mid America Worlds Council** Bluffs, IA
- ◆ **March 10th, 2012 Youth State Wrestling Tournament** Rogers, AR
- ◆ **April 13-15, 2012 Cliff Keen Reno Worlds** Reno, NV

★ When the Bluebirds travel to Oklahoma tournaments they require a one time set up fee of \$7.51 per wrestler for the first tournament of the season. (all of our entries for Oklahoma tournaments are done through OKWA site) Please be sure to add \$7.51 to your first entry fee check on the first OK tournament your wrestler participates in, please. OKWA also has a **Liability Waiver Form** on their website to print off and bring to each

★ OK Tournament for every wrestler.

USA WRESTLING MEMBERSHIP ID CARD~Don't forget to go to www.themat.com and click on Membership at the top of the page. Many of the tournaments we go to require that the wrestler's have a USA Wrestling ID Card. The cost is about \$26 per athlete. RENEWS YEARLY.

CURRENT PRACTICE TIMES

Mighty Bluebird Wrestling Practice will occur from **4:00 – 5:15 p.m.** on **Mondays** and **Wednesdays** and **Fridays** from **5:15-6:30 p.m.** all boys ages 4 through 15 are welcome to attend.

Mighty Bluebird Girls Basketball Practices – will be held on **Tuesdays** and **Thursdays** from **5:15 – 6:30 p.m.** Beginning Tuesday, Nov. 1st.

Mighty Bluebird Soccer Practices – will be held on **Tuesdays, Wednesdays** and **Thursdays** from **5:00 – 6:30 p.m.**

Mighty Bluebird Voluntary Baseball Practices – will be held on **Thursdays** from **5:00-6:30 p.m.**

Mighty Bluebird Football (Football Quarterbacks/Receivers)- on **Tuesdays** with Clint Stoerner **4:00-5:00 p.m.** (be sure to email shannon@hatcheragency.com to get on email distribution list in case any changes occur)



REMINDER
Time will fall back to
standard time on
Sunday,
November 6, 2011

Nutrition Tips of the Month

GETTING ENOUGH FLUIDS?

How do you know if you are getting enough fluids every day? A good and easy rule of thumb is to monitor how frequently you urinate and the color of your urine. If you are urinating every two to four hours and it is light in color, you are most likely drinking enough.

Remember, watery foods, such as fruits, soups, yogurt and salads also count toward your daily fluid intake.



2012 Mighty Bluebird 5K
Saturday, June 9, 2012
MARK YOUR CALENDAR

COACHING CONTACT LIST

Bruce Dickey	All Sports	501-517-3344	bruce@hatcheragency.com
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