

Wrestling Information

Head Coach Information:

David Simpson

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Phone: (706) 580- 4787

Remind text app: Send @974gf9 to (424) 334-2010

Wrestling requirements:

- Concussion Form
- Sudden Cardiac Arrest Form
- Current physical
- Appropriate grades and behavior
- Wrestling shoes
- Mouth piece (if you have braces)

Wrestling fee and what it covers:

\$75

Covers:

- All tournament fees
- Team sweatshirt and t shirt
- Transportation (when needed) for away matches

If you are under financial hardship, but your child still wants to participate, please let me know and we will go through the proper channels to make this work.

Location:

- Practices will be held at Shaw High School Wrestling room from 5:30 pm until 7:30pm.
- I will start most days at 5:15-5:20 with conditioning and condition until practice starts at 5:30 (for those that can be in attendance)
- Match locations will vary based on the schedule

Important Dates:

- The season starts November 4th for conditioning
- Football players are welcome to join as soon as each team finishes their season
- We will have our first official practice November 18th
- We will not practice (or will be MINIMAL) over the holiday breaks
- Season ends with a large individual tournament for all wrestlers on 1-24-20

If you have any questions or concerns, PLEASE ask!!!

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Wrestling meeting will be at **Midland Middle School on Thursday October 17, 2019 in the gym at 5:30 PM.** I will hand out very important documents and cover information needed prior to the beginning of the season. We will cover all expectations for this season and I will stay after to answer any questions that you may have! Thank you all!