

## MCS D WRESTLING 2022-2023 SEASON INFORMATION

The start of the wrestling season is rapidly approaching!

The first official practice will be Monday, November 28 from 4-6:30 at Richards Middle School cafeteria. The first 45 minutes or so will be conditioning and will be considered "optional" because I am aware students traveling from longer distances will not make it for conditioning. Those students will be expected to condition on their own. Official practices will be from 5-6:30.

Practice will be Monday-Friday from 4-6:30.

Saturday, December 3, will be a wrestling session at RMS Cafeteria from 8-12.

We encourage you to join the Wrestling BAND app to be up to date and have the most current information. You can also use the QR code below:



### MCMS Wrestling

Welcome! Please join us to stay connected!

**Scan this QR code and join!**

In order to try out you must:

- Have a current GHSA physical at your school
- Attend a MCS D Middle School grade 6-8
- Join the BAND app and be at practice regularly

Wrestling Season Needs:

- Wrestling shoes before first match
- Mouthguard if you have braces (guard must cover all braces)
- \$50 fee (covers officials/uniform use/team t shirt/busses)

If your school's football team has advanced deeper into the Playoffs, you will be eligible to join wrestling when your season ends. You still need to join the BAND app and be aware of all current schedules and you will be able to attend the practice on Dec 3<sup>rd</sup>.

If you have questions, please email Coach Purvis at

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