

2023 WMS Wrestling



What is wrestling?

- Wrestling is the oldest sport. It is an intense, competitive sport that builds character while promoting health. Wrestling is both an individual sport and a team sport. Wrestlers compete for themselves, for their team, and for their community.

Who can wrestle?

- Any 6th, 7th, or 8th-grade student

The benefits of wrestling:

Wrestling teaches you to take responsibility for your own wins and losses, to improve yourself, to focus your mind, to practice dedication, to strategize, to become a better athlete/person.

- “Wrestling is a team sport, and an individual sport all rolled into one.” **William Baldwin**
- “No activity I know is more of a confidence builder than wrestling.” **James Leach**
- “Once you’ve wrestled, everything else in life is easy.” **Dan Gable**
- “Wrestling teaches you nothing comes easy. Nothing in life comes easy, so you have to work at it.” **Mike Sullivan**

Interested in joining Wrestling?

- Then sign-up for the team by listening to the announcements.
- Practice starts **October 16th**, 3:50-5:15 pm

Equipment:

- WMS Provides a singlet, warm up hoodie, and basic headgear.
- Athletes need to provide their own:
 - Wrestling shoes
 - Water bottle
 - Proper practice athletic clothing
 - knee pads (optional)
 - If you have braces then you will need a mouth guard

Practice Schedule:

- First Practice: **October 16th** - Come ready to practice!
- Practice will be every day after school from 3:50 - 5:15.
- **Please have rides ready at 5:15**

[2023 Season Schedule: See Wrestling page on WMS Website](#)

Practice Expectations:

- **Be in the small gym and ready to practice no later than 3:50**
 - **Multiple tardies without a valid excuse will result in missing wrestling matches in meets.**
 - **If you are late because of schoolwork then get a pass from a teacher.**
 - **If you are not at school or if you have to miss practice then have a parent email coach -- Failure to send an email will result in an unexcused absence. Unexcused absences will result in missing competitive matches in meets.**
- You must be wearing athletic clothing that is different from what you wore to school.
 - No outside shoes.
 - Only wrestling shoes on the mat.
 - No jeans or pants with buttons

- Headgear must be worn throughout the entirety of practice. Only take off your headgear when taking a water break or when directed by the coaches.
- Unprofessional language will not be permitted.
- Do not wrestle athletes outside of your weight class without the permission of the coaches.
- Make sure that finger nails are clipped short
- It is very important to shower every day after practice at home. We recommend showering at home immediately after each practice.
- Cell phones must be off and away during practice.

Meet/Tournament expectations:

- Cell phones must be off and away at meets. No using cell phones on the bench during meets. All wrestlers are expected to cheer for their teammates. One of the best ways to improve at wrestling is to watch wrestling.
- We will expect that the wrestlers sit in the order of their weight class on the bench.
- Must wear black athletic shorts over the wrestling singlet. Must wear a Wredling issued hoodie or team spirit wear.
- It is important to stay for the entirety of the meet. If you have to leave early then those arrangements must be made in advance by parents. Parents must email or talk to the coach before the meet starts to sign-out an athlete early from a meet.
- It is totally permitted to ride home from away meets with parents. However, parents MUST sign out with a coach.
- Always be prepared and ready to wrestle at least two matches prior to your assigned wrestling match.
- No eating on the bench.
- It is ok to have a healthy snack AFTER you weigh in, but the eating must take place outside of the bench area.
- Be professional and be a good sportsman! It is important to represent your school community well.

Bus Expectations:

- You must sit in your assigned seat!
- No eating on the bus without coaches permission
- Volume should be low because your focus should be on preparing psychologically for your match.
- Never leave anything on the bus.

Locker Room Expectations:

- No inappropriate "horseplay" or games etc.
- Be respectful to the building equipment.
- Use appropriate language.
- Do not touch anyone.
- Violations that occur in the locker room will result in building consequences and the removal from the team.

Coaches:

- Coach Zentner: Wredling Middle School Teacher nathan.zentner@d303.org -
- Coach Smerz: St. Charles East High School Teacher steve.smerz@d303.org
- Mr. Nold: Wredling Athletic Director scott.nold@d303.org