

WRESTLING INFORMATION 2009-2010

Practices:

Practice will be held Monday - Friday from 3:15PM -4:45PM in the multipurpose room (MPR). November practice dates will NOT include: November 5, 6, and 13 due to prior scheduling conflicts in the MPR. Wrestlers should be changed and in the MPR by 3:15PM each day.

Match Dates:

(as of now, match dates include):

12.02.09 Neely's Bend TBA

12.07.09 Litton or Dupont Hadley @MMS

12.09.09 Haynes @Haynes

12.14.09 OPEN TBA

12.16.09 Two Rivers @Two Rivers

01.06.10 OPEN TBA

01.11.10 Goodlettsville @MMS

01.13.10 Dupont Tyler @MMS

01.20.10 East @MMS

01.25.10 Brick Church @MMS

01.27.10 Donelson @MMS

01.30.10 Eastern Division Wrestling Tournament @Litton

02.06.10 City Wrestling Tournament @Haynes

Warm-ups:

Wrestlers are asked to have a pair of light grey sweats to wear to matches.

Singlets, Headgear, and Shoes:

Wrestlers will be assigned a singlet and headgear at the beginning of the season. It is encouraged for wrestlers to purchase his own headgear. If not, one will be provided if needed. Wrestlers will also need to purchase their own wrestling shoes.

Wrestlers and/or parents are asked to complete the following information on-line weekly.

Academic Log (to be completed by parent/guardian)

<http://spreadsheets.google.com/viewform?formkey=dEhDeG03Y0hoSXI0UDI0endVeEfiLUE6MA>

The academic log is to be completed weekly. Please visit Gradespeed at <https://gradespeed.mnps.org> to check student grades.

Fitness and Conditioning Log

<http://spreadsheets.google.com/viewform?formkey=dEJwc2EzZGh4US1BSUdPd2paUES1Z2c6MA>

Please include any and all physical activity you participated in each day. This includes wrestling drills and conditioning.

Food and Nutrition Log

<http://spreadsheets.google.com/viewform?formkey=dFRvVGxVN09ZS19RNnVra21OMUVEU1E6MA>

Please keep this log as current as possible. We will not complete a nutrition log the entire season. We do, however, want to make sure all wrestlers get off to the right start nutritionally at the beginning of the season.