MIDDLE SCHOOL WRESTLING INFORMATION

Why Wrestle?

- **Wrestling teaches life skills that can be used for the rest of your life: work ethic, perseverance, dedication, discipline to name a few.**
- **Wrestling has crossover skills with almost all sports. In other words it can make you a better athlete at a sport you already participate in.**

But I have never wrestled before.

- **You are not alone. Almost half of the wrestlers in our middle school and high school programs were new to wrestling last year. We will teach you the skills you need.**

When and where are practices?

- **Wrestling starts on November 19th at Dodge Middle School from 3:00 – 5:00 pm**
- **Practices are Monday - Friday, except on days when there is no school**
- **There is a shuttle bus from BMS that leaves from the north end of the building.**
- **If you want a complete schedule go to www.farmingtonwrestling.com and click on the schedule tab at the top of the screen.**

What do I need for wrestling practice?

- **Shorts, t-shirts and wrestling shoes.**

How do I sign up for wrestling?

- **Log onto: https://farmington.feepay.com/**
- **Your wrestler needs to have a physical on file before you can register them.**
- **Don't let the fee be the reason you don't come out. There are opportunities for financial aid.**

Other questions:

Contact Coach Jon Heeren at jheeren@isd192.org