

Kenowa Hills Wrestling Information Meeting

Nov. 4, 2019

*** EVERYONE THAT JOINS THE TEAM AND COMPLETES THE SEASON IS VARSITY!**

Half-Days & Holiday Breaks During Wrestling Season:

Wednesday, Nov. 13th – Half Day 11:14am

Wednesday, Nov. 27th, Thursday, Nov. 28th, Friday, Nov. 29th – No School Thanksgiving Break

Wednesday, Dec. 18th, Thursday Dec. 19th & Friday, Dec. 20th – Half Days 11:14am

Monday, Dec. 23rd thru Sunday, Jan. 5th – No School Winter Holiday Break

Wednesday, Jan. 22nd – Half Day 11:14am

Monday, Feb. 17th & Tuesday, Feb. 18th – No School Mid-Winter Break

Wednesday, Mar. 4th – Half Day 11:14am

Important MHSAA Dates:

Monday, Nov. 18th – **First Official Practice**

Tuesday, Nov. 26th – **PARENT/MEET THE TEAM NIGHT 6:00pm-7:00pm**

Tuesday, Nov. 26th – **1st ALPHA TESTING DATE!** Time 4:00pm-All Wrestlers must weigh-in to establish your lowest minimum weight class you are able to compete during the season. Start looking at food as fuel and nutrition (avoid soda/pop, junk foods and fast foods).

Tuesday, Dec. 3rd – **2nd ALPHA TESTING DATE** Time 4:00pm!

Alpha Weigh-ins: Oct. 28th – Jan. 31st

Two Pound Increase to weight classes: Wednesday, Jan. 1st

Post Season: Team Districts Feb. 13th; Team Regionals Feb. 19th; Individual Regionals Feb. 22nd; Team State Feb. 28-29th; Individual State Finals March 6-7th

Lifting Schedule/Weight Room (Effective Monday, Nov.11, 2019):

Monday & Thursday 3:00pm-3:45pm

Tuesday 6:30am-7:15am

Open Mats/Club Schedule/Wrestling Rooms Options (Effective Tuesday, Nov. 5, 2019):

Tues., Wed. & Thur. 6:00pm-8:15pm (Kenowa Wrestling Room KHWC practices/Free)

Sunday & Thursdays 7:00pm-8:30pm (Muskegon Community College/\$25 per month)

Study Hall/Meet with Teachers/Classroom/Library/Wrestling Room:

Tuesday's 2:45pm-4:00pm (Help/Tutor each other with making the grades)

Practice Schedule/Wrestling Room (Effective Monday, Nov. 18, 2019):

Mon., Tues. & Thursday 4pm-5:30pm (Lifting 3-3:45pm Mon/Thu; Study Group Tues./6:30am Lifting)

Wednesday & Friday 3:30pm-5:00pm

(Half Days we will practice from 11:30am-1:00pm)

(Saturday practices will be 8am-9:30am)

Holiday/Break practices will be as follows:

11/27: 8am-9:30am

11/28: No Practice

11/29: 8am-9:30am – Optional Girls Wrestling College Combine in Romulus Michigan.

11/30: Optional Preseason AAU Tournament at Romulus HS.

12/23-12/25: No Practice

12/26, 27, 30, 31, 1/1, 2: TBD

Weigh-Ins/Trainers Room:

Tuesday's 5:00pm

Friday's 3:00pm or 5:00pm

Pre-Meet Workouts/Stretching/Snack:

(30 Minutes, 1-Hour before competitions)

Wednesday & Friday 3:30pm-4:00pm

Saturday 7:30am-8:00am

Checklist:

- 1) Pink Slip – Required by Nov. 18th get it from Athletic Office ASAP!
- 2) Sports Physical – Required by Nov. 18th get it into the Athletic Office ASAP!
- 3) Wrestling Shoes – Recommended (used or new, let us know if you need help sourcing, google)
- 4) Grades – Get Help/Tutors/Tuesday Study Groups/Ask Teachers for help!
- 5) **Complete Individual Profile Cards:** Name, Nickname, Why Wrestle, 1 Goal for Season, Favorite Food, Pets, Family Members, Hobbies, other sports, quote you live by, plans for after high school...
- 6) Need volunteer to create a "G" version of a music play list up to 60 minutes in length for use during our practices and home "entrance" music!
- 7) Define Family... Significance... WE ARE A FAMILY.

What to wear to practices: Suggest Tight fitting long sleeve shirt (compression shirts are great), Tight fitting tights/compression pants, or no pocket sweatpants; non-baggy shorts or compression shorts. Knee pads are optional. If you have your own headgear, wear it in practice.

Team Uniforms: Headgear, Gear Bags, Fight Shorts, Singlets. We will fundraise for the team decision on ¼ Zip Pullovers that you will keep! Female Wrestlers will receive a female cut singlet or can wear compression shirt under. Female will need to wear a sports bra under singlet or short sleeve compression shirt. Hair can be braided or secured with rubber bands just can't be below eyebrows in front and collar in back.

GET STRONGER – HAVE FUN – FAMILY