

# *Mazzuchelli Catholic Middle School*

## *Wrestling – 2022*

- ⇒ **Paperwork:** All student-athletes must have an athletic physical on file at school before being allowed to participate in practice/meets. A Permission Form and a Concussion Fact Sheet must also be signed on-line.
- ⇒ **Fee:** A \$35 participation fee is required of all participants. The fee will be added to your child's E-funds account. In case of financial hardship or special circumstances, contact Mr. Thole.
- ⇒ **Teams:** All MCMS 7<sup>th</sup> & 8<sup>th</sup> graders will be part of a single team. Individual match-ups for each meet will be pre-determined by the coaches of both competing teams based on each wrestler's weight, experience, and ability. Each wrestler will usually have two matches per meet. Now that girls wrestling is sanctioned, girls can only wrestle other girls at meets. They are no longer allowed to wrestle against boys. They can, however, wrestle against boys in practice.
- ⇒ **Location:** Home meets will be held in the Wahlert gymnasium. All practices will be held in the Wahlert Wrestling Room.
- ⇒ **Lockers:** The locker rooms adjacent to the Mazzuchelli gym will be used by MCMS wrestlers. Each wrestler will be assigned a locker in the locker room. Use of a school-issued padlock is required. The replacement cost for a padlock is \$5.00.
- ⇒ **Practice Routine:** For daily practice, wrestlers report to the MCMS locker room. When all participants are ready, they will be escorted as a group to the Wahlert Wrestling Room. When practice is finished, all MCMS wrestlers will be escorted as a group back to the MCMS locker room. After practice, parents should pick up wrestlers in front of the MCMS main entrance.
- ⇒ **Practice Equipment:** Each wrestler should have clean shorts, t-shirt, socks, tennis shoes or wrestling shoes. Headgear is required. This will be provided at no cost to wrestlers who do not have their own.
- ⇒ **Meet Uniform:** All wrestlers will be issued a Mazzuchelli uniform for meets.
- ⇒ **Attendance:** All wrestlers are expected to attend all practices. If conflicts occur, the coach should be informed ahead of time.