

# Wrestling -- Spring 2021

**When:** May 10th to June 4th

**Where:** Auxiliary Gym (far end of the main gym) immediately after school.

**Practice:** Monday through Friday, 2:30 to 4:55 pm. Dress down in the locker rooms after school and meet in the wrestling gym (auxiliary gym).

**Meets:** We will have a total of three wrestling meets; one each week starting the second week of the season. Schedule will be available when finalized.

**Paperwork:** Ask for a wrestling paperwork packet in the main office. All forms must be turned in prior to practicing or competing.

**Physical:** Athletes must have a current physical on file in the main office prior to practicing or competing. The physical form is available in the main office. Take the form with you to your physical appointment and after the doctor fills it out return it to the main office. Physicals are valid for two years.

**Gear:** You will need wrestling shoes (available at Big 5 or Athletes Corner), a t-shirt and soft gym shorts (no metal zippers or buttons). Headgear is provided by the school (if you have your own that is fine too). No jewelry or hooded sweatshirts should be worn to practice due to risk of injury.

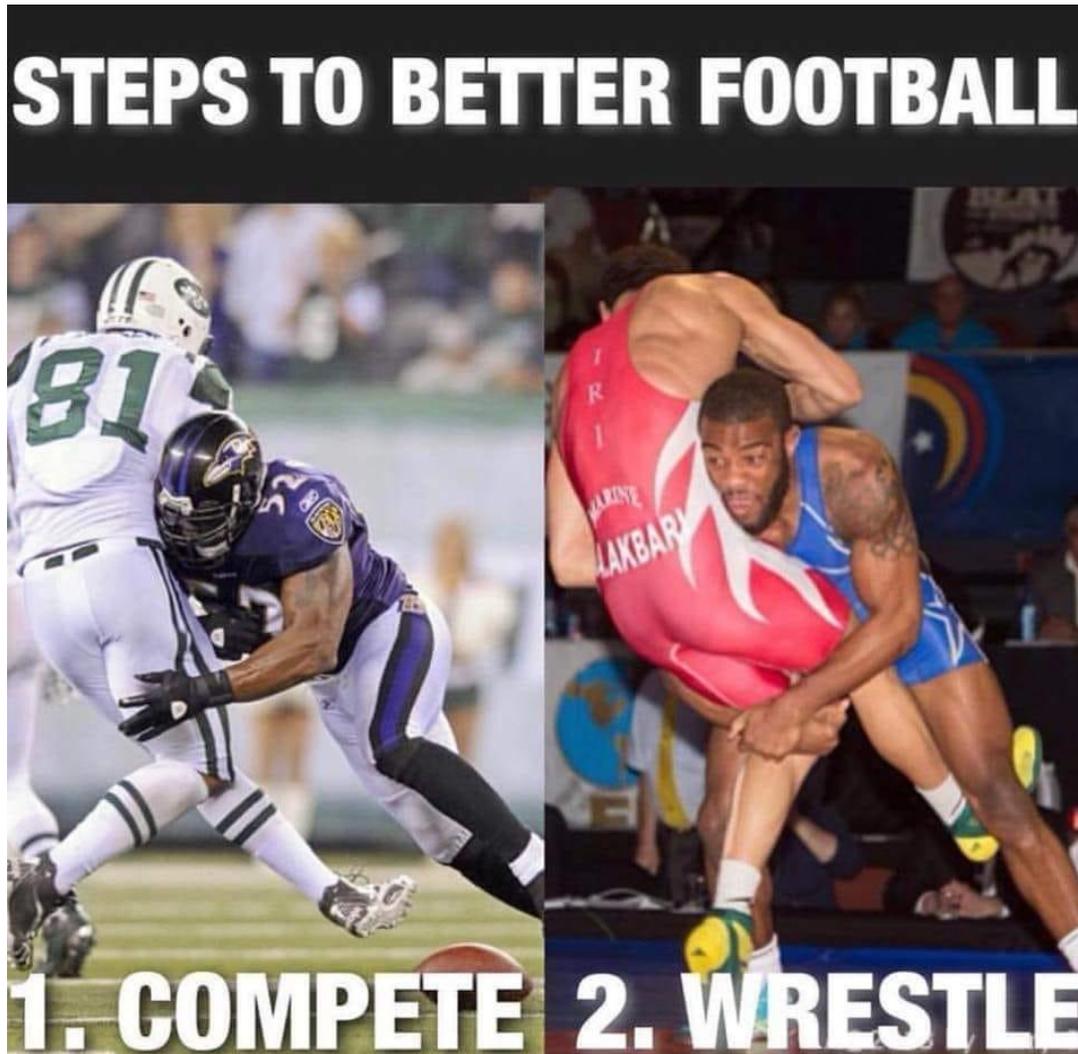
**Who:** Anyone can wrestle. Our program is inclusive and we welcome everyone: girls, boys, experienced wrestlers, and those who have never laced up wrestling shoes before. Wrestling is a no cut sport and we match up wrestlers based on weight and ability level.

**Girls Wrestling:** Kelso High School has an amazing girls program with outstanding coaches and one of our goals at the middle school is to increase girls' participation in the sport of wrestling. Each year Kelso High School hosts a girls wrestling tournament that was the largest girls tournament in the entire United States last year with over 700 athletes competing to place and win a medal.



## Why:

Wrestling will help increase fitness, strength, conditioning, toughness, agility, balance, and discipline. This sport will make you boost your play in football, soccer, baseball, cross country, track, mma, and realistically any other sport.



Wrestling will: make you **stronger, tougher**, more **fit**, increase **discipline**, increase **agility**, improve **tackling** in football, improve **balance**, be the **toughest** thing you have ever done.

Please come see Coach Shoddy in Room B1 to sign up or if you have any questions about wrestling this spring. I look forward to seeing you on the mat for our first practice!

If you have any questions I can answer please email me at: [david.shoddy@kelsosd.org](mailto:david.shoddy@kelsosd.org)

Thanks!

Coach Shoddy

