

GREGORY ATHLETICS

WRESTLING: Winter 2018-2019

<http://gregorywrestling.weebly.com>

Gregory athletic opportunities are available to 7th and 8th grade students. A student **must** have the following to participate:

1. A current physical on file with the school nurse. Physicals are valid for 13 months from the date of exam.
 2. A signed Middle School Athletics Participation Agreement.
Agreement Link: <https://goo.gl/MCQGzV>
 3. A \$125.00 activity fee (student name in memo/home phone number on check) Third Gregory Sport is free (Track)!
 4. A signed Concussion Information Sheet.
- Wrestling is a "no-cut sport". There are two levels of participation: AA and A. Athletes wrestle by weight class and will wrestle off for a (1) AA position. All other wrestlers will wrestle A.
 - Weight Classes are:
75, 80, 85, 90, 95, 100, 106, 112, 119, 126, 135, 145, 156, 168, 185, 215, 275.
Wrestlers will be allowed 1 pound for January and 1 pound for the conference tournament. As a result, a wrestler may participate in the conference tournament weighing two pounds above their weight class.
 - A random weight drawn before the meet to indicate the order of matches at the AA level (168 drawn, then the order would be 185, 215, 275, 75, 80, etc...156).
 - Please turn in your participation form and have physical on file by Friday, November 2, 2018.
 - Meeting: Monday, October 29, 2018 @ 3-3:35 Commons
 - First Practice: Wednesday, November 7, 2018 @ 3:00. Practices will be in the commons and practice ends at 5:00 pm.
A note/email is needed from parents for any missed practice.
 - Please see Mr. Kill or Mr. Park with questions. tim_kill@ipsd.org
nicholas_park@ipsd.org