**James Island Middle School Wrestling**

2024/2025 7-8th Middle School Practice Rundown

* Starting November 4th, practices will be held every Monday through Friday until February 8th.
	+ We will make announcements about alternative dates due to High School wrestling meets and/or holiday conflicts.
	+ Calendar for practice and competitions to come.
* Practice times are 3:45/4:00 to 6:00p.m.
* There will be a middle school bus that will transport the students from the middle school to the high school.
	+ Bus will be white or white and blue.
* Practice will take place at the James Island High School wrestling room, 1000 Fort Johnson Road, by the fieldhouse under and behind the home football bleachers
* **MUST** have PlanetHS paper work in.
	+ You will have to make a PlanetHS account
		- <https://studentcentral.bigteams.com/>, Log in/create new acct
	+ Your wrestler cannot attend practice without proof of their physical.
* Wrestlers need to come to practice in clean shorts, a clean shirt, and wrestling shoes or socks. Your child will need headgear for competitions.
* Join STACK TEAM APP (add JI HS Wrestling) – team communication app
* We are excited to get our middle school wrestling season started! Come out and be a part of it!
* Check us out on Facebook – JICHS Wrestling and James Island Youth Wrestling Club

Coach Contact: Tony Bolen 641-485-4361/tbolen03@gmail.com