

Carmel Middle School

Wrestling General Information 2021-2022

Coaches: Jason Hicks jhicks@ccs.k12.in.us
 Andy Wright
 Guy Jewett

Welcome

We would like to welcome you to Cougar Wrestling. As coaches we strive for a successful year and a winning season. However, more importantly we will teach sportsmanship, good values, and discipline. We hope to teach all members of the team some basic wrestling knowledge and skills. Wrestling is a unique sport. Athletes compete as individuals who are part of a team. We want wrestlers to appreciate and respect the sport and take away lessons they can apply to all areas of life.

General Information

There are twenty to twenty-one weight classes, depending on the county where we are wrestling. Hamilton County has established 22 weight classes From the 70 lb. weight class to the 100 lb. weight class, weight classes' progress by increments of 5 lbs.; from there we follow the weight classes for high school wrestling which starts at 106 and ends at 285lbs. There will only be one varsity wrestler for each weight class. We will have an initial wrestle off before the first meet to determine who will wrestle varsity at each weight class. Once a person earns a varsity position they cannot be challenged until they lose a match at that weight class or are unable to wrestle at that weight class. If a wrestler gives up his varsity spot due to injury, illness or missing a meet for any reason (Excused or Unexcused) etc. he will not be able to challenge for his spot back until the wrestler who replaced him loses. It is extremely important to the team and coaches that athletes not have other "things/plans" the day of a meet, they are part of the wrestling team and are held accountable for being at all meets. If your child participates in the band/choir (as an academic class) we will work the best, we can around their schedule. It is not excused if wrestlers miss practice or a meet for reasons outside of illness, religious, or academic (academic needs to be cleared with Coach Hicks beforehand) Show Choir practice is not an excused absence. That includes other sports, other band/choir/orchestra groups (the only exception is the winter concert). If you have questions about this, please email or call me. **Before a student can begin practice they must have both their physical and consent form turned into Mr. Monke.**

Weight Control

Weight control is a major issue in the sport of wrestling. We encourage healthy eating habits for all of our wrestlers. We do not encourage excessive weight loss or extreme dieting. Natural weight loss will occur through healthy eating and exercise. However, it is important to remember and encourage all wrestlers to wrestle at their natural weight to be the most successful. When students eat healthy they can keep energy levels high and practice harder. We also strongly suggest that students stay away from a lot of sugary drinks and pop. Drinking plenty of water and staying hydrated is crucial.

Equipment

Wrestlers will need the appropriate attire for wrestling practice each day. This includes t-shirt, shorts, socks, etc. Wrestlers will need wrestling shoes prior to participating in their first meet, headgear is required and can be provided if you do not have your own. Please make sure all wrestlers have physicals and consent forms turned in before practicing.

Items you will need to purchase

Shoes, Headgear and the Uniform. If cost is a problem please let me know. You will purchase the Uniform (warmups) from Carmel Middle School (total is usually around 100 dollars) . I am still working on the cost. Shoes and Headgear can be purchased on your own.

****Please remember this information is subject to change. I will notify wrestlers of changes. We will not have practice over winter break, if you would like to wrestle Carmel USA Wrestling will have workouts throughout the break.**

December

Sun	Mon	Tues	Wed	Thu	Fri	Sat
-		Nov. 30 Practice 3:45-5:45	1 Practice 3:45-5:45	2 Practice 3:45-5:45	3 Practice 3:45-5:45	
	6 Practice 3:45-5:45	7 Practice 3:45-5:45	8 Practice 3:45-5:45	9 Practice 3:45-5:45	10 Practice 3:45-5:45	
	13 Practice 3:45-5:45	14 Practice 3:45-5:45	15 Practice 3:45-5:45	16 Practice 3:45-5:45	17 No Practice	

Please make sure you are picking up students at door #3 no later than 5:50

Carmel MS
2021 - 2022 Wrestling

Wed Jan 12 Noblesville West 5:30 PM Noblesville West **Away**

Wed Jan 19 Zionsville MS 5:30 PM Carmel MS **Home**

Mon Jan 24 Clay MS 5:00 PM Carmel MS **Home**

Thu Jan 27 Northview/Zionsville West 5:30 PM Carmel MS **Home**

Mon Jan 31 Hamilton Heights MS 5:30 PM Hamilton Heights MS **Away**

Thu Feb 3 Pendleton Heights MS 5:30 PM Pendleton Heights MS **Away**

Tue Feb 8 Sheridan/Noblesville 5:30 PM Sheridan MS **Away**

Sat Feb 12 Hamilton Heights JV Invite 9:00 AM Hamilton Heights MS **Away**

Thu Feb 17 Westfield/Riverside 5:30 PM Riverside JHS **Away**

Wed Feb 23 Fishers JHS 5:30 PM Carmel MS **Home**

Thu Feb 24 Fall Creek Junior High School 5:30 PM Fall Creek Junior High School **Away**

Tue Mar 1 Creekside MS 5:30 PM Creekside MS **Away**

Sat Mar 5 Decatur Invite 9:00 AM TBD **Away**

Tue Mar 8 Hamilton Southeastern JHS 5:30 PM Hamilton Southeastern JHS **Away**

Sat Mar 12 Hamilton County Tournament 8:30 AM Westfield High School **Away**