

Wilson Middle School Wrestling Open Mats

Purpose: To teach interested students the basics of wrestling and build strength, balance, and agility.

Who: Any 6th, 7th, or 8th grader interested in wrestling. This is NOT mandatory, but highly encouraged for all wrestlers.

Where/When: Wilson Middle School-New Gym 3p-4:30p

| MONDAY | WEDNESDAY |
|--------|-----------|
| | 11/8 |
| 11/13 | 11/15 |
| 11/20 | |
| 11/27 | 11/29 |
| 12/4 | 12/6 |
| 12/11 | 12/13 |

NOTICE: Our regular season does not start until January

More information to come at a later date.

Points of Emphasis

- Shower IMMEDIATELY after getting home!
- Wear fresh, clean clothes to each practice.
- Clip fingernails regularly.
- Effort and Toughness will be expected.
- Join our Remind for all up-to-date communication.

JOIN REMIND: INSTRUCTIONS ON BACK

Remind

Sign up for important updates from Mr. Polenz.

Get information for Woodrow Wilson School right on your phone—not on handouts.

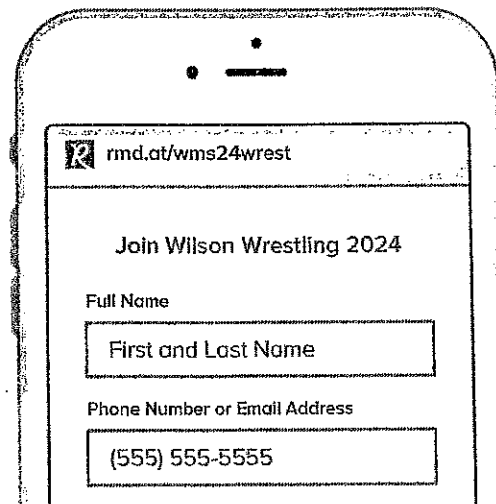
Pick a way to receive messages for Wilson Wrestling 2024:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/wms24wrest

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



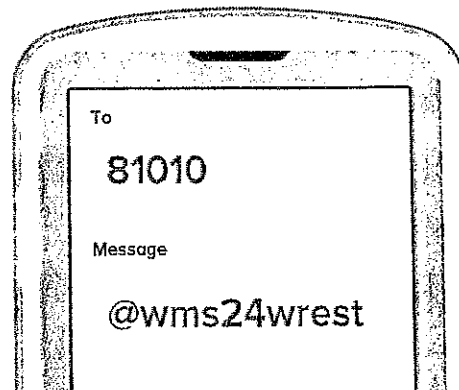
The image shows a smartphone screen with the URL rmd.at/wms24wrest at the top. Below the URL is the heading "Join Wilson Wrestling 2024". There are two input fields: "Full Name" with a placeholder "First and Last Name", and "Phone Number or Email Address" with a placeholder "(555) 555-5555".

- B** If you don't have a smartphone, get text notifications.

Text the message @wms24wrest to the number 81010.

If you're having trouble with 81010, try texting @wms24wrest to (563) 265-6842.

**Standard text message rates apply.*



The image shows a smartphone screen with a text message interface. The "To" field contains the number "81010". The "Message" field contains the text "@wms24wrest".

Don't have a mobile phone? Go to rmd.at/wms24wrest on a desktop computer to sign up for email notifications.