



Wrestling Team Information 2024-2025

Who: Motivated 6th, 7th, and 8th grade boys and girls

What: Ryan Middle School Wrestling Team

When/Where: Nov 25th to March 1st (Wrestling Awards Luncheon will follow soon after)

- **1st Practice:** Nov 25th @ 2:30pm. Practices will normally be held Monday-Friday ~10 min after school is out, in the Ryan Middle School Wrestling Room
 - o Wear a clean T-shirt, shorts and/or sweatpants, socks, and a clean/indoor pair of gym/wrestling shoes.
- **Meets/Tournaments:** Saturdays at 9:00am unless otherwise posted:
 - Sat. Jan. 11 Takedown Tournament **Ryan** 9:00 a.m.
 - Sat. Jan. 18 Tanana Tumult **Tanana** 9:00 a.m.
 - Sat. Jan. 25 Black Bear Brawl **Randy Smith** 9:00 a.m.
 - Sat. Feb. 1 All Schools Dual Tentative **NPM** 9:00 a.m.
 - Sat. Feb. 8 Grizzly Grapplepalooza **Delta JCN** 9:00 a.m.
 - Sat. Feb. 15 Conference Tournament **North Pole** 9:00 am

Tanana Invitational

 - Weigh-ins at **Tanana** @6:00 on Thursday, February 27th.
 - Fri. Feb. 28 **Tanana** Invitational Time to be announced
 - Sat. March 1 **Tanana** Invitational Time to be announced

Why:

- Wrestling promotes **personal responsibility**
- Wrestling develops **athleticism**
- Wrestling develops **mental and emotional resilience**
- Wrestling teaches about **nutrition and weight management**
- Wrestling develops **leadership skills**
- Wrestling teaches **discipline and accountability**
- Wrestling **brings people together** from all backgrounds and cultures
- Wrestling promotes **self-mastery and focus**

How:

- Have a current Sports Physical (less than 18 months old)
- Fill out and submit an [Activity Consent Form](#) and a [Concussion Awareness Form](#) to the Ryan Middle School Nurse, Activities Coordinator, or front office.
 - o Forms and concussion information can be found on the [Activities Page](#) on the Ryan Middle School Web Site: <https://ryn.k12northstar.org/activities>

Questions: Coach Welsh, jarrod.welsh@k12northstar.org, **students must include parents on all correspondence.** **Ryan Wrestling Facebook Page:** <https://www.facebook.com/groups/ryanwrestling>

****Information will be disseminated through the Ryan Middle School Wrestling Signal Chat: Point your phone's camera at the QR Code above or click here:** <https://signal.group/#CJQKIDS1-u1eKRIMhkojkeRoqYO3Sanu8xq4SCIKxQdCIGXNEhDnmpTBuy3vLKKUuQSFGZrN> **

