

# Cave Spring Middle School 2024-2025 Wrestling Calendar

Practice 3:30 - 5:30 PM  
 No Practice (Do Home Workout)

Tournament  
 Match

Open Mats  
 Event (spectate)

OCTOBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*Oct 8, 10, 15, 17 - Practice 6:00-7:30 @ CSHS*  
*Oct 21 - First official team practice*

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NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Nov 6 - Away Match @ Northside MS*  
*Nov 13 - Away Match @ Read Mountain MS*  
*Nov 16 - Tournament @ Andrew Lewis MS*  
*Nov 20 - Away Match @ Glenvar MS*

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DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

*Dec 4 - Away Match @ Carroll County HS*  
*Dec 11 - Away Match @ Central Academy MS*

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JANUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*Jan 2,3 - Open Mats @ CSHS Time TBA*  
*Jan 8 - Away Match @ Andrew Lewis MS*  
*Jan 15 - Home Match @ CSMS*  
*Jan 18 - Tournament @ Northside MS*  
*Jan 22 - Home Match @ CSMS*

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FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

*Feb 21-22 - Cheer on CSHS*  
*State Championship @ Salem Civic Center*

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## 2024-25 Cave Spring Middle School Wrestling Schedule

Date	Tournament Name	Times	Address	Additional Info
<i>** Times are subject to change</i>				
Nov 6	Away Match @ Northside Middle School	Weigh-ins: 4:00 PM Wrestling starts: 5:00 PM	Northside MS	Admission Cost:  TBA
Nov 13	Away Match @ Read Mountain Middle School	Weigh-ins: 4:00 PM Wrestling starts: 5:30 PM	Read Mountain MS	Admission Cost:
Nov 16	Dual Tournament @ Andrew Lewis Middle School	Weigh-ins: 7:00 AM Wrestling starts: 8:00 AM	Andrew Lewis MS	Admission Cost:
Nov 20	Away Match @ Glenvar Middle School	Weigh-ins: 4:30 PM Wrestling starts: 5:30 PM	Glenvar MS	Admission Cost:
Dec 4	Away Match @ Hidden Valley Middle School	Weigh-ins: 4:00 PM Wrestling starts: 5:00 PM	Hidden Valley MS	Admission Cost:
Dec 11	Away Match @ Central Academy Middle School	Weigh-ins: 4:30 PM Wrestling starts: 5:30 PM	Central Academy MS	Admission Cost:
Jan 8	Away Match @ Andrew Lewis Middle School	Weigh-ins: 4:30 PM Wrestling starts: 5:30 PM	Andrew Lewis MS	Admission Cost:
Jan 15	Home Match vs. Benjamin Franklin Middle School (NEED VOLUNTEERS)	Weigh-ins: 4:00 PM Wrestling starts: 5:00 PM	Cave Spring MS	Admission Cost:
Jan 18	Invitational Tournament @ Northside Middle School	Weigh-ins: 7:00 AM Wrestling starts: 7:30 AM	Northside HS	Admission Cost:
Jan 22	Home Match vs. William Byrd Middle School (NEED VOLUNTEERS)	Weigh-ins: 4:30 PM Wrestling starts: 5:30 PM	Cave Spring MS	Admission Cost:

## Answers to frequently asked questions:

### **This is my child's first year. What do I need to know?**

The first time any child tries something new, it is a nerve-wracking experience. Once the first match is completed and the wrestler begins to understand the process, the nerves settle. Focus on encouraging your child to give their best effort each day, maintain consistency, and focus on learning (the process, not the outcome).

### **What is my role in parenting an athlete?**

To give as much support to the child as possible and to be there to motivate when it is needed during the difficult times. To encourage them to always do their best and to enjoy their peers' success as well as their own. To encourage the athlete to reflect on performance, not just in competition, but in practice. And to reflect regardless of the outcome (winning or losing)

### **Do they need to attend every practice?**

We expect wrestlers to prioritize their success in the sport. Make arrangements to attend every practice, and when there is a reason for missing practice, communicate with the coach. Attendance will affect their eligibility for competing.

### **What should you wear/bring to practice?**

It is important that everyone has a water bottle, wrestling shoes, athletic shorts and short-sleeved shirt. Wrestling can get very hot, so it is important not to wear jeans, cargo shorts, etc. Invest in the proper attire.

### **How long are the tournaments?**

Plan for a long day or night when we have matches and tournaments.

### **Does my child have to lose or "cut" weight?**

Cutting weight is a myth that many wrestlers focus on to try and gain an advantage. The best way to gain an advantage is to maintain a healthy weight by eating a healthy diet. Cutting weight can lead to energy loss and fatigue, which cancels out the advantage of being the biggest wrestler in the weight class. Instead of trying to be the biggest wrestler in the weight class, focus on being the most healthy, most physically fit, and most technical wrestler in the weight class.

## Parent Information:

### **What to bring to practice/matches & tournaments:**

Athletic shorts, t-shirt, headgear, water bottle, wrestling shoes (any sporting goods store will have these), singlet and warm-ups

### **Bodyweight home exercises to build wrestling strength:**

*Upper Body:* Planks, Russian Twists, Leg Raises, Pullups, Dips, Pushups, Curls, Shoulder Raises, Overhead Press

*Lower Body:* Lunges, Single-leg squats, Kettle Bell swings, Footwork Drills, Stance & Motion

*Full Body:* Bear Crawls, Crab Walks, Walking on Hands, Tumbling exercises (cartwheels, roundoffs, etc.)

*Cross-Training:* rock climbing, soccer, trail running, sprinting, gymnastics

*Flexibility:* yoga, stretching

### **Wrestling techniques, skills, drills, & games:**

Practice any of the skills and techniques at these links:

[https://www.usawmembership.com/usa\\_wrestling\\_core\\_curriculum](https://www.usawmembership.com/usa_wrestling_core_curriculum)

<https://www.youtube.com/@KOLATCOM>

<https://www.youtube.com/@FCAWrestling1>

<https://www.youtube.com/@RUDISwrestling>

# Cave Spring Middle School Wrestling

Join the group message with the link or QR Code below!

[https://groupme.com/join\\_group/102265260/TUNX7q4B](https://groupme.com/join_group/102265260/TUNX7q4B)

## Parent Rules & Expectations



1. Timeliness & Preparedness
  - a. Make sure wrestlers have a ride and show up to practice, weigh-ins, matches, tournaments, etc. on time.
  - b. Make sure wrestlers have what they need for practice, matches, tournaments, etc.
  - c. Make sure wrestlers are getting the proper amount of sleep
2. Involvement
  - a. Provide support for practice, tournaments, fundraisers, transportation, community service, etc.
  - b. Help your child set goals that focus on progress and can be achieved regardless of the outcome.
  - c. Help your child reflect and learn from their performance in each practice, match, tournament, etc.
  - d. Help wrestlers make appropriate changes to better themselves in sport and in life.
  - e. Help your child focus on rest and recovery by encouraging healthy sleep patterns and well-balanced meals.
  - f. Make sure wrestlers are keeping up with their grades and maintaining a C average in every class.
3. Communication
  - a. Running late to and from practice / absence (let a coach know through groupme)
  - b. Individual needs, difficulties, concerns, etc.
  - c. Carpooling needs, group message, etc.
  - d. If there is anything you particularly would like to help with, please let me know! I could use help with managing gear, planning fundraisers, snacks for the team at matches/tournaments, communication, and anything else you can think of!
4. Attitude
  - a. Handle your own emotions, maintain a healthy perspective, and be there for your child no matter what occurs.
  - b. Give your child time to grow into the sport. Allow them to make mistakes and learn from failures.
5. Lifestyle
  - a. Help practice healthy eating and exercise habits (limit screen time activities)
    - i. Eat fruits, vegetables, whole grains, proteins, nuts, seeds, unsaturated fats/oils
    - ii. Limit processed foods high in sodium, sugar, and saturated fats
    - iii. Drink lots of water, sports drinks in moderation, and limit soft drinks
6. Respect
  - a. Encourage and refer wrestling specific questions to the coaches
  - b. Provide feedback and constructive criticism in a respectful manner
7. Education
  - a. Learn the rules of the sport (how scoring works) and best practices for parenting your athlete
  - b. Ask questions about how to handle certain situations on and off the mat