

CHIPPEWA MIDDLE SCHOOL WRESTLING 2025



**1st Practice – Tuesday Jan 7th Be present to
join the team**

Practices are held every day after school from 3-5pm on
the AUDITORIUM STAGE

Join the Google Classroom - [werm3r3](#)

Wear shorts and T-shirt - wrestling shoes are a must!

MUST HAVE A CURRENT MHSAA PHYSICAL ON FILE!!!



Date @ 4:30pm	Location	CMS Opponents	Bus – Schedule (Drop off in front of CMS)
1/28	Grand Ledge	1) Waverly 2) Holt	Bus @ 3:10
2/4	Haslett	1) Grand Ledge 2) Haslett	Bus @ 3:30
2/11	HOME	1) Dewitt 2) Portland	None - Move mats and set up at 3:15
2/18	Lakewood	1) St Johns 2) Charlotte	Bus @ 3:10
2/25	Eaton Rapids	1) Mason 2) Lakewood	Bus @ 3:10
3/4	Mason	1) Fowlerville 2) Olivet	Bus @ 3:10

PHYSICAL FORMS

A current physical (dated after April 15th, 2024) must be on file prior to tryouts. Physicals need to be turned in using this link: [Big Teams Student Central](#). Both parent and student need to create an account; it will be incredibly easier if the student-athlete sets up their account first and invites the parent's account afterward. If you need assistance setting up an account, more information about the site can be found here. [Athletic Pre-Participation Forms Getting Started Guide \(Parent & Student\)](#). If you do not have a current physical, we suggest going to Urgent Care or Redi-Care if you cannot schedule one before tryouts with your primary physician. [MHSAA Physical Form](#)

Highly suggested to sign up for the Meridian Wrestling Youth MS team - Extra Sunday opportunities to wrestle and eligible for Regional/State Competitions. \$75 will get you registered for 2 tournaments (coaches there) during the season (your choice) and entrance to the Regional meet to try and qualify for the State Meet. www.meridianwrestling.org to register.

OKEMOS MS WRESTLING

Try It Out Practice – Tuesday Jan 7th

Practice every day after school from 3:00 – 5:00 pm

Wear shorts and t-shirt - wrestling shoes are a must!!!

**MUST HAVE A CURRENT MHSAA PHYSICAL ON FILE IN OFFICE TO
PRACTICE AND COMPETE!!!**

WRESTLING BENEFITS

- Compete and practice with same sized competition
- Wrestling provides a positive outlet for everyone, boys **and** girls.
- Foot speed, hand-eye coordination, and size **do not matter- anyone can compete and do well!**
- There is room for everyone regardless of abilities (or disabilities) and size. Wrestlers only compete against others in a similar weight class. **NO PARTICIPATION CUTS!**
- Wrestling competitively is tough, but teaches self-discipline, perseverance, mental toughness, physical fitness and competitiveness.

WRESTLING MYTHS

Myth: Wrestling has to wear funny uniforms

The uniform consists of a compression T-shirt and MMA style fight shorts. There are no singlets anymore.

Myth: Wrestling is unsafe

Wrestling rules are very clear on safety. Illegal moves and potentially dangerous situations can result in penalty points and even disqualification. Coaches and referees work very hard to keep wrestling safe for all participants. Very little chance of concussions.

Myth: Wrestling is a brute sport

Wrestling is not a sport that demands brute strength. Technique and conditioning are more important to succeed in wrestling than the ability to push someone around the mat for 30 seconds.

Myth: Wrestlers engage in unhealthy weight loss

Middle School wrestling discourages so-called weight cutting. High school and collegiate athletes' weight loss is now closely monitored by a tracking system developed by the National Wrestling Coaches Association (NWCA), which prevents a wrestler from dropping below 7% body fat or losing too much weight too quickly. Coaches teach nutrition and healthy eating and promote physical activity to reduce weight and improve physical performance.

“Once you’ve wrestled, everything else in life is easy”

~ **Dan Gable** (Iowa State Championships, NCAA Championships, World Championships, Olympic Gold Medals, NCAA Coach and championships, Olympic Hall of Fame,– Multiple Record Holder