

# Join the Nicolet Jr. Knights Middle School Wrestling Team

## Code of Excellence:

Help Others | Believe in Yourself | No Quit

**Who?:** Glen Hills, Maple Dale, Bayside, and area private school students (Nicolet HS area) students in 6th-8th grade.

**What?:** Training and competition in wrestling. We compete in the MAC conference (see schedule below).

**When?:** January 6th through March 8th, 2025.

**Where?:** Practices will be Monday-Thursday at Glen Hills Middle Schools upper gym from 4:00 p.m. until approximately 5:30 p.m.

**Why?:**

### **Develop skills that go beyond the mat!**

Wrestling teaches discipline, resilience, and focus—qualities that benefit every aspect of life. Practicing in a safe and structured environment ensures these lessons become invaluable tools for the future.

### **Safety comes first.**

Our program prioritizes the well-being of every athlete. Through carefully designed practices, wrestlers build cardiovascular endurance, improve overall fitness, and develop skills while minimizing risk.

### **Learn, respect, and compete!**

Wrestling isn't just about matches; it's about mastering the rules, showing respect for opponents, and growing in character both on and off the mat."

### **Be part of a team that supports, challenges, and inspires!**

**Needed:** Clean Shorts and T-shirt, Wrestling Shoes, Headgear, water bottle and a POSITIVE ATTITUDE!

**Sign up for this great sport!**

### **Important Dates:**

**Monday, January 6th: First Day of Practice 4pm upper gym**

**Thurs. 1/9: Parent meeting 5:30pm cafeteria**

**\*\*Tues. 1/21 TENTATIVE\*\*: Vs Whitefish Bay @ Glen Hills 4:15pm**

**Tues. 2/5: vs. Frank Lloyd Wright @ Glen Hills 4:15pm**

**Tues. 2/11: vs Pewaukee @ Glen Hills 4:15pm**

**Thurs. 2/13: @ Pilgrim Park 4:15pm**

**Wed. 2/19: vs South Milwaukee @ Glen Hills 4:15pm**

**Wed. 2/26: @ West Milwaukee MS 4:15pm**

**Tues. 3/ 4: @ New Berlin MS 4:15 p.m.**

**Sat. 3/8: MAC Championship Tournament @ TBD all day**

### **Practice Dates:**

**Monday, January 6**

**Tuesday, January 7**

**Wednesday, January 8**

**Thursday, January 9**

**Monday January 13**

**Tuesday, January 14**

**Thursday, January 16**

**Tuesday, January 21\***

**Wednesday, January 22**

**Thursday, January 23\***

**Monday, January 27**

**Tuesday, January 28**

**Thursday, January 30**

**Monday February 3**

**Tuesday February 4**

**Thursday February 6**

**Monday February 10**

**Wednesday February 13**

**Tuesday February 18**

**Thursday February 20**

**Monday February 24**

**Tuesday February 25**

**Thursday February 27**

**Monday March 3**

**Wednesday March 5**

**Thursday March 6**

**Friday March 7**

***If you're enrolled in the Nicolet Jr. Knights Wrestling season, the middle school program is included at no additional cost. Sixth through eighth graders will wrestle with the Jr. Knights through December, transition to practicing with the middle school team until March 8th, and then return to the Jr. Knights for the remainder of the season through late March.***

**Jr. Knight Registration: [3rd-8th registration](#)**

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## **2025 Nicolet Jr. Knights Middle School Wrestling Team**

NAME \_\_\_\_\_ GRADE \_\_\_\_\_  
PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_ ZIP \_\_\_\_\_

PARENTS WORK PHONE/EMERGENCY  
NUMBER \_\_\_\_\_

Parent Email(s): \_\_\_\_\_

Parent/guardian signature granting  
permission \_\_\_\_\_

Fee: \$25.00.

To be assessed through Infinite Campus at the end of the season. All enrolled in the Jr. Knight Wrestling program have their middle school season fees fully covered. Sign up for the recreational program here:

<https://winicoletweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=22169992>

**Questions? Contact Coach Gus Kaufmann.**

**email: [gus.kaufmann@gdrh.org](mailto:gus.kaufmann@gdrh.org)**

**phone: 414-351-7160 x 2136**