## BELLMONT MIDDLE SCHOOL WRESTLING

(6TH, 7TH, AND 8TH GRADE)

## First Official Practice

**MONDAY, DECMEBER 16, 2024** 

BMS Auxiliary Gym---3:15 P.M.-5:15 P.M.

You will need: Shirt, Shorts, Clean Shoes

## \*MUSTS\*

\*\*\*<u>ALL</u> physicals, waivers, medical forms and fees must be submitted to the BMS Office before you may participate. BMS Office hours are Monday thru Friday 7:30 A.M. to 3:30 P.M. <u>DO NOT</u> bring your eligibility forms to the coaches at practice.

Any questions please call Bellmont Middle School Athletic Department 724-3137

Head Coach: Luke Binegar 260-223-1050 or binegar99@gmail.com

Assistant Coach: Daniel Gunsett 260-223-5368 or gunsettdaniel@yahoo.com