

Carmel Middle School

Wrestling General Information 2025-2026

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Welcome

We would like to welcome you to Cougar Wrestling. As coaches we strive for a successful year and a winning season. However, more importantly we will teach sportsmanship, good values, and discipline. We hope to teach all members of the team some basic wrestling knowledge and skills. Wrestling is a unique sport, athletes compete as individuals who are part of a team. We want wrestlers to appreciate and respect the sport and take away lessons they can apply to all areas of life.

General Information

There are twenty to twenty-two weight classes, depending on the county where we are wrestling. Hamilton County has established 22 weight classes From the 70 lb. weight class to the 100 lb. weight class, weight classes' progress by increments of 5 lbs.; from there we follow the weight classes for high school wrestling which starts at 106 and ends at 285lbs. There will only be one varsity wrestler for each weight class. We will have an initial wrestle off before the first meet to determine who will wrestle varsity at each weight class. Once a person earns a varsity position they cannot be challenged until they lose a match at that weight class or are unable to wrestle at that weight class. If a wrestler gives up his varsity spot due to injury, illness or missing a meet for any reason (Excused or Unexcused) etc. he will not be able to challenge for his spot back until the wrestler who replaced him loses. It is extremely important to the team and coaches that athletes not have other "things/plans" the day of a meet, they are part of the wrestling team and are held accountable for being at all meets. This includes other sports, CDC basketball, club lacrosse, or baseball training are not valid excuses to miss practice or meets. If your child participates in the band/choir (as an academic class) we will work with them the best we can around their schedule. It is not excused if wrestlers miss practice or a meet for reasons outside of illness, religious, or academic (academic needs to be cleared with Coach McAllister beforehand). That includes other sports, clubs, and other band/choir/orchestra groups outside of CAM, . If you have questions about this, please email me. **Before a student can begin practice they must have both their physical and consent form turned into Mr. Monke.**

Weight Control

Weight control is a major issue in the sport of wrestling. We encourage healthy eating habits for all of our wrestlers. We do not encourage excessive weight loss or extreme dieting. Natural weight loss will occur through healthy eating and exercise. However, it is important to remember and encourage all wrestlers to wrestle at their natural weight to be the most successful. When students eat healthy they can keep energy levels high and practice harder. We also strongly suggest that students stay away from a lot of sugary drinks and pop. Drinking plenty of water and staying hydrated is crucial.

Equipment

Wrestlers will need the appropriate attire for wrestling practice each day. This includes t-shirts (no tank-tops/cut-offs), shorts, socks, etc. Wrestlers will need wrestling shoes prior to participating in their first meet, headgear is required and can be provided if you do not have your own. If you have braces, a mouth guard is REQUIRED to compete. This is non-negotiable, Officials will disqualify a wrestler if they do not have the proper equipment such as a mouthguard (Athletes are encouraged to wear the mouth guard at practice to get used to wearing it) Please make sure all wrestlers have physicals and consent forms turned in before practicing.

Items you will need to purchase

Shoes, Headgear and the Uniform (warmup sweatshirt & shorts from gear store). If cost is a problem please let me know. You will purchase the Uniform (warmups) from our online store. Information will be sent home with athletes once practice starts, the warm up gear includes shorts and a sweatshirt, additional gear will be available for purchase. Wrestling attire (singlet or fight shirt/shorts combo) will be available to use for the season and then return, we also have some singlets available for purchase. Singlets can also be borrowed for the season. I am still working on the final gear costs. Shoes and Headgear can be purchased on your own.

****Please remember this information is subject to change. I will notify wrestlers of changes. We will have a few practices over the Winter Break, these will be completely optional to attend since many folks have plans during this time. We will send this information out closer to the end of the Fall semester.**

Regular Season Practice information & schedule can be found below. Practice will take place in the Middle Gym at Carmel Middle school. A normal practice schedule will include getting the mats out & set up, cleaning the mats, stretching & warmups, technique instruction and practice “drilling”, live wrestling, and conditioning. Our technique instruction is in line with the philosophy of wrestling that the High School follows and teaches. An updated practice schedule for the first month of practices can be found below.

Practice Schedule
December 2025

Sun	Mon	Tues	Wed	Thu	Fri	Sat
-	Dec. 1 Practice 3:30-5:45	Dec. 2 Practice 3:30-5:45	Dec. 3 Practice 3:30-5:45	Dec. 4 Practice 3:30-5:45	Dec.5 Practice 3:30-5:45	
	Dec. 8 Practice 3:30-5:45	Dec. 9 Practice 3:30-5:45 Parent Meeting 5:45-6:15	Dec. 10 Practice 3:30-5:45	Dec. 11 Practice 3:30-5:45	Dec. 12 Practice 3:30-5:45	
	Dec. 15 Practice 3:30-5:45	Dec. 16 Practice 3:30-5:45	Dec. 17 Practice 3:30-5:45	Dec. 18 Practice 3:30-5:45	Dec. 19 No Practice	

Please make sure you are picking up student-athletes at door #3 no later than 5:50

Additional Practice Schedules will be sent out via email on a weekly basis. We will gather email addresses through school records. If you need to be added to the email list, please reach out to Coach McAllister. Mandatory practices will resume once school resumes after winter break.

Wrestling Items needed to participate

You will need **shoes and headgear** (you can purchase your own). Both are required to participate. If your wrestler has braces they will need a mouthpiece, this is also required for anyone with braces. If obtaining the required gear is an issue please let me know. Headgear can be found on Amazon and shoes most commonly can be found on Amazon, Academy Sports, or Dick's Sporting Goods.

The next items you will need are the hoodie and shorts that act as our warm ups for our meets. You can order them from the link below. **Only Order through the link distributed by Coach McAllister. It will be from T&T promotions, if you order through another site, it will not be the right thing and your athlete will not match the rest of the team.** Order Online: **You need the hoodie and shorts.** The other items on the website are purchase if you wish. Parents are welcome to order items for themselves as well. The link to our gear will be distributed at a later date.

Remind app

We will use the Remind app as a way to quickly communicate with you about upcoming meets and practice schedule changes. We will use Remind to communicate last second practice/meet changes as well as when the bus will be arriving back at school after meets.

We'll distribute Remind join information/instructions at the Parent meeting and in emails.

Meet Schedule below

(Can also be found on the CAM Athletic Website)

Carmel MS 2025 - 2026 Wrestling

Date	Event	Type	Start Time	Location	Depart
Wed Jan 14	Noblesville West	SG	5:30 PM	Noblesville West	Away
Wed Jan 21	Zionsville MS	SG	5:30 PM	Zionsville MS	Away
Thu Jan 29	Northview/Zionsville West	SG	5:30 PM	Carmel MS	Home
Sat Jan 31	Hamilton Heights JV Invite	SG	9:00 AM		Away
Tue Feb 3	Hamilton Heights MS	SG	5:30 PM	Hamilton Heights MS	Away
Thu Feb 5	Pendleton Heights MS	SG	5:30 PM	Pendleton Heights MS	Away
Tue Feb 10	Sheridan/Noblesville	SG	5:30 PM	Noblesville East MS	Away
Tue Feb 17	Clay MS	SG	5:30 PM	Carmel MS	Home
Thu Feb 19	Westfield/Riverside	SG	5:30 PM	Westfield MS	Away
Wed Feb 25	Fishers JHS	SG	5:30 PM	Carmel MS	Home
Thu Feb 26	Fall Creek Junior High School	SG	5:30 PM	Carmel MS	Home
Sat Feb 28	Decatur Invite	SG	9:00 AM	TBD	Away
Tue Mar 3	Creekside MS	SG	5:30 PM	Creekside MS	Away
Tue Mar 10	Hamilton Southeastern JHS	SG	5:30 PM	Hamilton Southeastern JHS	Away
Sat Mar 14	Hamilton County Tournament	SG	8:30 AM	Westfield Middle School	Away

Discipline System

Strike System

Behavior will be handled using a 3 strike system. Strikes may occur during wrestling practice, meets/tournaments, or during travel to/from competition. If behavior needs to be corrected or addressed a coach may issue a verbal warning. They may at this time choose to issue a strike. If this is the case, the coach will verbally explain to the athlete that he/she is being issued a strike. The consequences for strikes are as follows:

Strike System	
1 st Strike	Verbal warning to athlete. Parents are contacted
2 nd Strike	Verbal warning to athlete and call/email to parents explaining the behavior and that the athlete has two strikes. Athletic Director is also notified. The 2nd strike may also result in a consequence such as removal from the next competition(s).
3 rd Strike	Athlete is dismissed from the team. A follow-up call will be made to parents to confirm this measure.

*Unexcused absences (missing practice without a note from parent/guardian) may result in a strike. Example-Skipping practice on Fridays.

*Extreme behavior that is in direct violation of handbook policies can forgo the strike system and result in removal from the CAM Wrestling team.

*Parents will sign an acknowledgement that they understand this system at the parent meeting.