

2026 Falmouth Middle School Wrestling Parent Meeting

Monday, February 9th

Coaches: Jason Barriault, Tyler Hunnewell, Mike Darling

Practice Expectations:

Practices will be 4:00pm most days after vacation (please see schedule). Athletes must leave campus at regular dismissal and return for practice.

Equipment:

- Wrestling Shoes (Can be purchased online).
- Practice Clothes: Shorts or sweatpants and a T-Shirt.
- Head Gear (school will provide).
- Optional Knee Pad (can be purchased online).
- Mouth Guards (required for braces, option for everyone)
- Competition Uniforms and headgear will be provided at the beginning of the season. Athletes are expected to keep them for the season and return after our last competition.
- Please be sure to wash uniforms after each use. Wash on cold and hang or tumble dry.

Hygiene:

Due to the physical nature of the sport, hygiene is very important. We mop the mat each day before practice with disinfectant. Athlete's responsibilities are to:

- Wash practice clothes and uniform after each use.
- Shower immediately after practice.
- Keep finger nails trimmed.
- Wrestling Shoes should not be worn outside.

Competitions:

- We will have 5 away and 3 home competitions throughout the season on Tuesdays and Thursdays (Please see schedule).
- For away meets, the bus will leave at 2:45
- For home meets, athletes should meet Coach Hunnewell in the gym after school to help set up the mat.
- This year Marshwood is hosting a league middle school tournament on Saturday 3/14. More information will follow via email.

There will be no weigh-ins, coaches work together to match up athletes of equal size and experience. Each athlete should get at least one match at each event. Wrestling will conclude when all of the matches have completed.

Communication:

I will send a weekly email to all parents and athletes reviewing times and events for the following week as well as all other updates.

Looking forward to a great season!

Coach Barriault, Coach Hunnewell, Coach Darling

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/9 Parent meeting 6:30-7:00 In FMS Library	2/10 Practice 6:00-7:30	2/11 Practice 6:00-7:30	2/12 Practice 6:00-7:30	2/13 Practice 6:00-7:30	2/14
2/16 Practice 2:45-4:30	2/17 Practice 2:45-4:30	2/18 Practice 2:45-4:30	2/19 Practice 2:45-4:30	2/20 No Practice!	2/21
2/23 Practice 4:00-6:00	2/24 Practice 4:00-6:00	2/25 Practice 4:00-6:00	2/26 @ Windham MS w/York Bus: 2:45 Start: 4:00	2/27 Practice 4:00-6:00	2/28
3/2 Practice 4:00-6:00	3/3 @ TAMS W/ Sanford Bus 2:45 Start: 4:00	3/4 Practice 4:00-6:00	3/5 HOME Sanford & Noble Start: 4:00	3/6 Practice 4:00-6:00	3/7
3/9 Practice 4:00-6:00	3/10 @ Bidd HS w/ Westbrook Bus 2:45 Start: 4:00	3/11 Practice 4:00-6:00	3/12 @ Westbrook MS W/ TAMS Bus 2:45 Start: 4:00	3/13 Practice 4:00-6:00	3/14 Marshwood Tournament Bus: TBA Start: 9:00am
3/16 Practice 4:00-6:00	3/17 HOME vs TAMS & Biddeford Start: 3:45	3/18 Practice 4:00-6:00	3/19 @ York MS W/ BE Bus 2:45 Start: 4:00	3/20 Practice 4:00-6:00	3/21
3/23 Practice 4:00-6:00	3/24 HOME vs Portland & Scarborough Start: 3:45	3/25 Practice 4:00-6:00	3/26 Practice 4:00-6:00	3/27 Practice 4:00-6:00	3/28