

PORTLAND MIDDLE SCHOOLS

WRESTLING

START OF SEASON INFORMATION



HEAD COACH - RYAN HUTCHINS hutchr@portlandschools.org

FIRST WEEK PRACTICE SCHEDULE

(FAMILIES WILL BE RESPONSIBLE FOR TRANSPORTATION)

Monday 2/9 to Thursday 2/13 - 5:30 - 7:00 @ DEERING HIGH SCHOOL

PRACTICE SCHEDULE AFTER FEBRUARY VACATION

(MOORE & KING - SCHOOL BUS WILL TRANSPORT TO AND FROM DHS)

(LINCOLN WILL WALK TO PRACTICE - FAMILIES PICK UP FROM DHS)

ALL MONDAYS & FRIDAYS (& TUES 2/24) - 3:30 - 5:30pm

WEDNESDAYS - 2:30 - 4:30pm

WHAT'S NEEDED FOR PRACTICE?

Clean Shorts & T-Shirt (Sweatpants / Non-hooded sweatshirt are OK)

Wrestling Shoes - Available at Dick's Sporting Goods, Play-It-Again, Amazon

***** If you cannot afford shoes or can't find your size, please let me know and I can help *****

COMPETITION SCHEDULE

<u>Thurs, 2/26</u> - @ TBD w/ Scarborough & Saco/TAMS	<u>Thurs, 3/12</u> - @ Noble MS w/ Windham 4:00pm
<u>Tues, 3/3</u> - @ Wells MS w/ Massabesic 4:00pm	<u>Tues 3/17</u> - @ Sanford MS w/ Wells 4:00pm
<u>Thurs, 3/5</u> - @ Kennebunk MS w/ Biddeford 4:00pm	<u>Thurs 3/19</u> - @ Biddeford MS w/ Marshwood 4:00pm
<u>Tues, 3/10</u> - @ TBD w/ Massabesic & Kennebunk	<u>Tues 3/23</u> - @ Falmouth MS w/ Scarborough 3:45pm

GOOGLE CLASSROOM JOIN CODE (MANDATORY TO PARTICIPATE): uu7pxhth

Parent / Guardian Link:

<https://classroom.google.com/guar/ODQzMjlwNDE5Mzk3>