

2026 MTMS Wrestling -Parent Handbook



Coaching Staff:

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Purpose:

MTMS wrestling is designed to expose wrestlers to **fundamental position-based wrestling** and prepare them for MVHS wrestling. Through well-designed practices and local competitions, wrestlers will grow in experience and technical skills. **This is only 4-5 weeks of a sport that takes years to master.**

Parents:

Model good behavior and sportsmanship at all times.

Let the coaches coach and officials officiate.

Support and encourage your student athlete through the wins and losses.

After the comp, allow athlete space and time to process. **They just experienced a violent altercation.**

Failure is part of success.

Help them celebrate the small victories! (First win, first takedown, first full match...)

Encourage more time wrestling after the middle school season. Club season starts when our season ends, and there are lots of good clubs in the area.

Academics:

In order to compete, a student must have a passing grade (zero F's) in all classes with no more than two D's. Students' grades will be checked on a weekly basis by their teachers, coaches, or administration. One probation week is then followed by ineligibility.

Practice:

At Mill Valley Wrestling Room (see calendar for times)

If an athlete misses practice, communicate with Head Coach.

Afterschool Practice:

Coach will escort athletes from MT to MV Wrestling room

Pick up is from the MV Activities Entrance

Morning Practice:

Drop off at MV Activities Entrance

Showering after morning practice is mandatory.

Option 1: Parent picks up and takes home to shower.

Option 2: Athlete brings towel, soap, shampoo and showers in school facilities.

Gear:

School provides: Competition singlet, warm-up jacket and pants (only required for picture day), bag, and headgear. Students are responsible for turning in the week after Thanksgiving break.

Family provides: Clean practice clothes, wrestling shoes, and top/bottom mouthpiece for athletes with braces

Spirit wear: 100% optional-fun way to support team and closest thing to a participation trophy we can offer

Health:

Do not attend practice or school if sick.

Notify coaches immediately of any medical condition or injury.

Skin infections require KSHSAA skin lesion form completed.

Concussion protocol will follow KSHSAA guidelines for return to competition.

Hydrate and eat right. Do not dehydrate or malnourish to reduce weight.

Shower immediately after practice and keep gear clean.

Competition:

All eligible athletes compete at every competition (excluding Clark Invitational).

Matchups are based on gender, approx. weight, skill, and experience (as close as possible).

Meets -During the school week and will typically last until at least 6 or 7p

-Matchups are manually tracked at meet only (Not on track or USA wrestling)

Tournaments- Saturdays, typically last all day (6a bus depart and 6p or later return)

-Matchups and results may be available on track or USA wrestling

-Tutorial on web-tracking will be emailed beforehand

*Often

Transportation:

Bus depart times are communicated in the weekly email.

Busing to and from competitions is provided, and riding home with parents is allowed after all matches are completed.

Head Coach will have the sign out form.

Parents need to communicate with the students directly about bus return time

Home meet:

All wrestlers will volunteer to clean up and take down mats following our Home meet at MV on 11/4.

Communication:

I will send a weekly email providing additional details for the upcoming practices and competitions. If you have questions, please email, call, or txt me, and I will be glad to answer.