HIGHLAND MIDDLE SCHOOL

6,7,8th Wrestling

Hello and Welcome to Highland Middle School Wrestling!
This is for 6th, 7th & 8th grade girls and boys!
We are excited to start our season on **Monday**, **October 26th!**

In order to be eligible for sports, you must complete the following 3 items:

1. **REGISTER** for your sport using Final Forms.
    - **Parents** AND **Students** must login to **sign forms** in Final Forms in order to be eligible to participate.
2. Have a **CURRENT PHYSICAL** uploaded to Final Forms or on file with the Athletic Office - sports physicals are good for two years. Your child CANNOT stay for practice without a current physical on file.
    - WIAA Preparticipation Physical Form
3. **PAY YOUR FEES**: HMS students-athletes are required to pay a one-time $35 Participation Fee and $25 ASB Fee
    - Fees can be PAID ONLINE HERE or you can pay at our Business Office.

Practices:

For the first *two weeks* of the season, practices will take place 5 days a week- **Monday - Friday** from 2:30-5:00 p.m.
Starting in *week 3*, we will drop down to 4 days/week, Mondays- Thursdays 2:30-5:00 p.m.
Activity buses are available M-TH but not on Fridays. Please arrange a ride for your athlete for the first two Fridays of the season.

- Students need to participate in **10 practices** in order to be eligible to wrestle in a match.

After practices, students need to have:

1. a ride available to pick them up at 5:00, *or*
2. permission to walk or ride their bike home, *or*
3. signed up to take the **Activity Bus.**
    - **Please make sure your child is registered to ride the late activity buses after practices. Your child will not be allowed to board the activity bus if you have not registered for the 2026/27 school year.**
    - [Click Here] to register. **You only need to do this once for the whole school year!**
    - [Click Here] and scroll to page 4 to see which bus your child needs to ride. It's important your child knows which **route color** (ex: red, blue, yellow, or green) to get on. They also need to know their stop. ***Activity buses do not stop at regular after-school bus stops.***
    - If you are not sure if you have registered, please contact the transportation department at: transportation@mead354.org

After Matches:

- Matches will end after the 5:00 activity buses leave, so please have transportation available at Highland after each home game or after the bus returns to the school after an away game.
- You may also take your student home straight from a game if you sign them out with their coach

In the event of school being canceled, all practices and games will be canceled.

Schedules:
Coaches will hand out meet schedules after the first week of practice.

Uniforms and Equipment:

- Highland will issue each wrestler a **uniform** and **headgear**. Uniforms and headgear will be returned and inventoried at the end of the season. Athletes may wear their own headgear if they choose.
- You are responsible for providing **wrestling shoes**, t-shirts and shorts for practice. If you have old pairs of wrestling shoes that your athlete has outgrown, please consider donating to our community shared box for wrestlers that are unable to obtain their own!
- Additional Highland Middle School gear is available [here]

Athletic Eligibility:
Students need to participate in **10 practices** in order to be eligible to play in matches.
Grade checks will be conducted every two weeks.

- Students are required to be passing a minimum of five (5) full-time subjects in order to be eligible for participation in sports.
- In addition, an athlete must achieve either a 2.0 GPA or be earning at least a “C” in four (4) full-time subjects, or be placed on academic **probation** for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a “C” in four (4) full-time subjects, that athlete is placed on academic **suspension**.
    - While on **probation** student athletes will not be limited in participating in a sport. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
    - While on academic **suspension** student athletes will **not** be allowed to participate in activities, suit up for games, or travel with the team.
- Click [here] for our more information on athletic eligibility including attendance, travel, and our athletic code of conduct

Other general athletics information can be found [Here]
If you have any other questions please feel free to reach out to our athletic director, Marcy Gallinger (marcy.gallinger@mead354.org) or the head coach Bryan Smith bryan.smith@mead354.org