

2026-2027 OOMS Boys Wrestling Information

Hello Parents and Athletes,

This wrestling season will start **NOVEMBER 6th!**

What to Expect -

During the season we will practice, in the wrestling room, from 3:30pm to 5pm. Athletes will have 15 minutes to get changed and ready for practice once the bell rings. It is important that everyone is in the wrestling room at the beginning of practice so that we can utilize the time that we have.

In the beginning of the season we will be introducing/ reviewing basic techniques and rules so that everyone has an understanding and we can build a strong foundation. From there we will learn new skills throughout the season and also have fun!

What to bring to practice -

Wrestling Shoes

Headgear

Mouth Pieces (required for braces)

Clean Sweats, shorts, t-shirt, sweatshirt

Water Bottles

If you sweat a lot maybe bring a couple extra shirts or have some spare clothes

Please Avoid - collared shirts, zippers, jewelry, tank tops/ cutoffs, cargo shorts

Expectations from me

Work hard

Stay on task

Listen

Be respectful

Communicate (parents) - please let me know if there is ever a conflict with attending practice so that I can mark it excused or not.

Practice ends at 5:00pm everyday. Please be prompt to pick up your athlete or communicate to prepare a ride for them.

After practice and meets, please make sure that you are staying hydrated and eating healthy. At practice you will be expected to push yourself everyday so you will need to take care of yourself outside of wrestling. That means to eat well, get enough sleep and rest your body.

In the classroom, I expect my athletes to be passing all of their classes and behaving appropriately.

I will work on scheduling a parent meeting and get a meet schedule out once we have the dates confirmed. I will be setting up a ParentSquare so that communication can be easier.

If you have any questions please feel free to contact me at daniel_duvall@olsd.us

Sincerely - Coach Danny Duvall