Tri-Valley Wrestling- Middle School

Key Dates and Times:

November 13th (Friday)- First official practice 3:00-5:00 PM

November 16th- 20th- First full week of practice **5:00-7:00 PM***

*Middle School practices will be from 5:00-7:00 PM with the exception of **TUESDAY'S.** Tuesday practice will start directly after school @ 3:00.

Middle School Wrestlers should ride the shuttle bus to the High School on Tuesday.

December Scheduled Matches:

December 12th- Licking Valley Invite (Middle School)

December 19th – Utica Duals- (Middle School)

Christmas Break Practice Times- TBD*

Weight Classes:

80-86-92-98-104-110-116-122-128-134-142-150-160-172-205-245

Contact Info:

Ty Moore- (Varsity Head Coach) 740-221-6664 email: tymoore81@gmail.com

Sky Wisecarver (Girls Head Coach/Varsity Assistant)- 770-891-9855 email: sky439013@gmail.com

Mike Thomas (Middle School Head Coach)- 740-565-0026

Required Equipment:

Wrestling Shoes & Headgear

2026 Tri-Valley MS/HS
Pre Season Wrestling Open Mat Schedule
OCTOBER/NOVEMBER *Tenative, subject to change*

updated 10/28

MONDAY	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*	*SATURDAY*
			10/29 5:30-7:00	10/30 OFF	10/31 A+ Dawg Pound (Cambridge)
11/2 OFF	11/3 5:30-7:00	11/4 5:30-7:00	11/5 5:30-7:00	11/6 5:30-7:00	11/7 (Sat) A+ Buckeye Local 11/8 (Sun) *A+ Claymont*
11/9 OFF	11/10 5:30-7:00	11/11 5:30-7:00	11/12 5:30-7:00	11/13 FIRST OFFICIAL PRACTICE (3:00-5:00)	11/14 HS Practice (9-11AM)

- Open to any **TRI-VALLEY** wrestler, or anyone thinking of wrestling, MS & HS age
- Weekend events in BLUE are recommended, message Coach Wisecarver for info
- **11/8 at Claymont is highly recommended for EVERYONE, last chance to wrestle at a low pressure open event before season starts.**

ANY CHANGES OR UPDATES WILL BE POSTED ON "TRI-VALLEY WRESTLING" FACEBOOK GROUP & REMIND