Welcome to Folsom Middle School Jaguar Wrestling!

2026-2027 Season

Program Mission: It is our program goal to take our wrestlers from whatever experience level they are at (brand new wrestler to veteran wrestler) and provide an experience that lays out foundation wrestling skills, while also providing a path forward that incentivizes competition and continued involvement in the sport.

Championship-Level Standards: Our expectation is that our student athletes will hold themselves to championship-level standards, regardless of experience level. This means appreciating the opportunity, committing to the season, embracing the challenge offered in a combat sports setting, and adopting a growth mindset throughout the season and beyond.

Program Core Values

1. Gratitude- Exhibiting an appreciation for the opportunity in front of us, a respect for those we share the journey with and having fun along the way.

2. Accountability- Holding oneself to the highest standards of excellence as a Jaguar wrestler in our academics in school, conduct within our community, and application of techniques and competitive spirit on the wrestling mats.

3. Drive- Believing in oneself and embracing the transformational opportunity that comes from continuing to challenge oneself in setting high goals and putting in the necessary efforts to reach them. By doing hard things, we become stronger individuals. By doing hard things together, we become a stronger community.

Eligibility, conduct, and the 2.0 GPA requirement

To be eligible for Folsom Middle School Wrestling and Jaguar Athletics, prospective student athletes must do the following:

-Complete an updated FCUSD annual physical and have it cleared through Home Campus athletic clearance

-Maintain a cumulative GPA at or above a 2.0

-Complete and sign an FMS Athletic's Code of Conduct form acknowledging written understanding and consent to follow all school wide behavioral expectations

Practice Schedule and Daily Expectations

Practices will be held after school on Monday, Tuesday, Wednesday, and Friday from 3:45-5:30 p.m. Thursdays are off days, aside from the occasional wrestling dual meet competition. Note: We are currently looking into additional optional holiday practice options.

Practice gear needed: wrestling shoes, workout shirt and shorts (recommend that your child purchase an FMS Wrestling shirt on the school spirit store), water bottle, and a mouthpiece if your child has braces

Practice set up of mats and mat cleaning begins directly after school with coaching supervision and wrestlers are expected to have wrestling shoes strapped up and ready to begin practice immediately at 3:45 p.m.

Wrestlers are expected to assist with clean up and proper mat storage at the end of practice (we will begin clean up and put roll up a few minutes before 5:30 p.m.)

Safety, equipment, hygiene, and facilities

It is important that your child commit to the season and maintain a minimum of 75% practice attendance (average of 3 of 4 practices attended every week) in order to optimize learning proper and safe techniques.

While weekend competitions are not mandatory, we will incentivize stepping up to competition as ways to test and measure one's skills and wrestling specific match day conditioning.

Your child will learn how to properly roll out, tape, and clean wrestling mats during the season, while treating our shared facilities with respect.

Learning proper setup and breakdown of wrestling mats and equipment will also be a transferable skill for wrestlers who want to compete at the high school and collegiate level

Opportunities for restroom breaks and water breaks will be given at practice, with specific protocols to limit bacteria spread and disruption of practice

Hydration is key: Your child should be drinking water throughout the day and after practice to replenish floods lost.

Cleaning and showing immediately after practice is crucial to preventing skin infection and disease spread. Also, be sure to wash wrestling gear regularly, not share personal equipment, and report suspicious skin lesions immediately if they are seen. Consistent cleanly habits significantly lower the risks of skin infections and disease spread from becoming and issue.

Wrestling fundamentals and skill development

Our learning objective with wrestling fundamentals and skills are to teach fundamentals and skills that are transferable to every level of wrestling (high school, college, Olympic level)

There are three starting positions in folkstyle wrestling (the discipline practiced at junior high): 1) Neutral position, 2) “Referee’s Position”- Top position, 3) “Referee’s Position”- Bottom position.

Tuesday’s will be known as “Technique Tuesdays,” where I will share with everyone in the program one wrestling technique or skill we are covering that week

By the end of the season, our expectation is your wrestler understands a wrestling stance and referee’s position, and shows **proficiency in five techniques**: 1) Two takedowns they use in neutral offense, 2) One takedown they use in neutral defense, 3) One breakdown and pinning combination they use from top position, 4) One escape skill they use from bottom position

Folsom Middle School Jaguars Wrestling

Tentative 2026-27 Practice & Competition Schedule

OFFICIAL SEASON WINDOW

Nov. 30, 2026 - Feb. 24, 2027

Phase I | Nov. 30 - Dec. 18
FCUSD Pre-Break Conditioning

Phase II | Jan. 4/6 - Jan. 12
FCUSD Return Conditioning

Phase III | Feb. 20 - Feb. 24
End of regular season; Regionals / TOC focus

PRACTICE SCHEDULE

Regular: Mon., Tue., Wed. & Fri.
3:45-5:30 p.m.

Holiday: Mon., Tue., Wed. & Fri.
10 a.m.-noon; pending admin approval

TOC qualifier practices: After school; location and times TBD

SAMPLE WEEKLY ROUTINE

Monday	Tuesday	Wednesday	Thursday	Friday	Sat. / Sun.
Practice 3:45-5:30 p.m.	**Practice** 3:45-5:30 p.m.	**Practice** 3:45-5:30 p.m.	**Dual match** As scheduled	**Practice** 3:45-5:30 p.m.	**Tournament / TOC** See event calendar

SCHEDULE NOTES

Phase II: Jan. 4/6 start date remains tentative.
Dual dates to confirm: Jan. 13 and Feb. 10 fall on Wednesdays in 2027; supplied weekday labels said Thursday. Calendar dates are retained on the following pages.
Postseason: March TOC events occur after the official middle school season window.
League duals: Quad duals and the Crosstown Crossface are listed in the event calendar.

Competition Schedule

2026-27 Folsom Jaguars Wrestling

DECEMBER 2026 & JANUARY 2027

Date	Event / Tournament	Location / Details
Sat, Dec. 12	Spring View MS Takedown Tournament	@ Spring View MS **VAR / JV / NOVICE**
Sun, Dec. 13	Battle in Old Town (TOC Qualifier)	@ Elk Grove HS **TOC QUALIFIER**
Sat, Dec. 19	Women's West Coast TOC	@ Roebbelen Center **MS (5TH-8TH) / ELEM (K-5TH)**
Sun, Dec. 20	NorCal Classic	@ Will C Wood HS **VAR / JV**
Sat, Jan. 9	Meathgrinder Tourney	@ El Dorado HS **VAR / JV**
Sun, Jan. 10	Dixon Middle School Duals	@ Dixon HS **VAR / JV**
Wed, Jan. 13	Quad Duals*	@ Mills Middle School **DUAL**
Sat, Jan. 16	Winter Classic (TOC Qualifier)	@ Bella Vista HS **VAR / JV**

* Jan. 13 / Feb. 10: weekday corrected to Wednesday; confirm whether the dates or original Thursday labels were intended.
VAR = Varsity | JV = Junior Varsity | ELEM = Elementary | TOC = Tournament of Champions

Competition Schedule (Continued)

2026-27 Folsom Jaguars Wrestling

LATE JANUARY, FEBRUARY & MARCH 2027

Date	Event / Tournament	Location / Details
Sun, Jan. 24	USA Gold Round Up (TOC Qualifier)	@ Del Oro HS **VAR / JV**
Thu, Jan. 28	**Crosstown Crossface Dual**	**@ Folsom MS (FMS vs. Sutter MS)** **RIVALRY DUAL**
Sat, Jan. 30	Falcon Tournament (TOC Qualifier)	@ Whitney HS **VAR / JV / ELEM**
Sat, Feb. 6	Orangevale (TOC Qualifier)	@ Sierra College **VAR / JV**
Wed, Feb. 10	Quad Duals*	@ Mitchell Middle School **DUAL**
Sat, Feb. 20	Sac Area Regionals & TOC Qualifier	@ Kerr MS (Elk Grove, CA) **ALL WRESTLERS**
Sat, Mar. 6	**NorCal TOC**	@ Del Oro HS **QUALIFY AT 2+ TOC QUALIFIERS**
Sun, Mar. 7	**NorCal Girls TOC**	@ Sierra College **VARSITY (6TH-8TH)**

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Sacramento Area Regionals and NorCal T.O.C.’s

-Our official season ends with the Sacramento Area Regionals in Elk Grove on February 20th, followed by the Northern California Tournament of Champions (must qualify for this meet) on March 6-7th after the regular season concludes.

-Note: There is no official league title currently offered in wrestling, but our wrestlers have the opportunity to compete to be the best in the Sacramento region and greater Northern California region.

-Last year’s 2026 stats: Folsom Middle School finished in 7th place (out of approximately 35 area middle school programs) with 5 Regional placers out of 22 competitors at Regionals. 3 Jaguar wrestlers qualified and went on to compete at the prestigious NorCal TOC tournament (the toughest junior high tournament in California– featuring wrestlers from Chico to Bakersfield and everywhere in between)... we look to build on these stats.

-We encourage all wrestlers to compete at the Sacramento Regionals for the program, work towards qualification to TOCs, and have an opportunity to join past Jaguar greats on the medal podium.

Folsom Middle School NorCal TOC Placers All-Time

1974: Jack Gugger, Craig Yancy, George Potts

1975: Sean McCray

1978: Rodney Kidwell

1979: Jim Bigley, Ben Ramos

1981: Ron Phillips, Jeff Crafton

1984: Vinvent Navarette, Jim Feckner

1988: Chris Mileham, Ron Perry, Mike Falconer, Sean Norris

1990: Steven Williams, Nathan Smith

Folsom Middle School NorCal TOC Placers All-Time

1994: Cory French, Jason Gurno

1995: Ryan Burton, Shawn Burton, Dusty Wise, Andy Hodges, Mauricio Wright, Joey Senegaglia

1999:Ryan Burton, Jeff Bell

2002: Travis Gill

2004: Nick Gill

2006: Sam Gray

2008: Connor Pollock, Tevin Lewis

2009: Derek Stiles

2010: Nicholas Fiegener

Folsom Middle School NorCal TOC Placers All-Time

2011: Mason Koshiyama

2013: Severin Anderson

2015: Erik Johnson

2016: Conner Cooper, Trevor Fritz

2017: Erik Johnson, Jacob Vencer

2018: Weston Ward

2019: Evan Glines

2020: Christopher Thomas, Aydin Thomas, Ryland Smith, Narcisco Delgado

2022: Gavyn Frey

*TOC Champion

Parent Support and Survey

Parents, to run a strong program that provides great opportunities for your child in the sport of wrestling we need your input and support.

Please see attached and fill out the FMS Wrestling 26-27 parent survey:

(FMS WRE Parent Survey 26-27)

Completing this will help our program as we prepare for the upcoming season!

FMS WRE Parent Survey 26-27



Exciting Opportunity: FREE Club Practices for FMS Wrestlers

I am excited to announce through our continued collaboration with Folsom Wrestling Academy, Coach Frank Richmond, and support of junior high wrestling in our shared community Folsom Middle School Wrestlers will have the opportunity to join FWA practices for free when they start back up on November 9th! This is a great way to get a feel for the sport of wrestling before we jump into our season on November 30th.

Note: Club practices are not a requirement to join the middle school team but strongly recommended for those who want to get more opportunities for mat time or have an elementary aged sibling who may want to start up in the sport!

Please sign up on the sheet with you preferred email and I will send this list to Coach Richmond. You can also find more information online here: (Session Dates/Times – Folsom Wrestling Academy)

Closing

Let me know if you have any questions. You can reach out to me via my email at jdenny@fcusd.org for more information or to join our ParentSquare group.

See you on the mat!