

WMS Wildcat Wrestling Info

- **October 23rd – First Practice, all grades** Bring: Shorts, T-shirt, wrestling shoes

Optional – Headgear. We will be distributing team headgear at practice. You are welcome to bring/wear your own if you wish.

****If you don't have wrestling shoes, tennis shoes will be ok. We saved donated wrestling shoes from over the years, and we may have some that fit. We will check on the first day of practice.*

- Practice typically goes from 3:35 – 5:05 on ALL WEEKDAYS that we do not have a competition, let your parents know. The 6th grade practice schedule is different. We will send out a schedule at the first practice.
- We are still working on a competition schedule. When it is finalized, we will send home a printed copy for families.
- Physicals are required for all 7th and 8th grade athletes. If you already have one from a fall sport, you don't need another. 6th graders are not required to get a physical.
- All athletes must register online through the school's website. If you need help, ask.

Contact Coach Mike Crouse if you have any questions. GO WILDCATS!!!

Email: mike_crouse@bismarckschools.org

Phone: (701) 400-4587

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