



Welcome to the 2024-2025 Season!

Important Upcoming Dates:

- **Weight Certifications:** Wednesday, November 20th - should wrap up around 3:30-4:00 meet immediately after school by the athletic trainer's office
- **First Practice:** Monday, November 18th from 3:45pm - 6:15pm
- **MHS Winter Athletics Info Night w/ AD:** Thursday, December 5th @ 5:30
- **First Competition:** Wednesday, December 11th @ Souhegan

Coaching Staff:

- **Varsity Head Coach** - Bryan Dine
 - Email: bryan.dine@sau26.org
 - 16th Season - Merrimack HS & Ithaca College Alum - Amherst MS English Teacher
- **Varsity Assistant Coach** - Zach Hicks
 - 4th Season - Salem Alum - Divisional & MoC Finalist
- **JV Assistant Coach:** Dom Damata - MHS & Endicott Alum - Strength & Conditioning
- **Freshman Assistant Coach:** Eric Theriault - Wrestled for Merrimack K-12 - 4x State Qualifier

Tryouts:

- Tryouts for the MHS Wrestling team are the first week of the season (Nov. 18th - 22nd).
- While we do not cut any athlete who wants to wrestle and is willing to make a full commitment to the team (regardless of experience or ability), we do speak with all prospective wrestlers at the end of the first week to ensure that wrestling is an appropriate fit (thus, the first week is an opportunity to 'try-out' the sport!).

Practice Schedule:

- Practices are in the MHS Exercise room from 4-6pm. Wrestlers need a clean work out gear, wrestling shoes, running shoes, headgear, and their own water bottle
- Allow for 15-20 minutes before and after practices for announcements, set up, clean up, changing, trainer visits, etc.
- We do PRACTICE and COMPETE during Winter Vacation & February Vacation.
- ***No wrestler will be allowed to practice until all necessary forms have been filled out including a recent (within 2 years) physical on file***

Health & Hygiene

- This has always been important, but now more than ever if you are not feeling well, stay home. Please inform the school and coaches ASAP as well.
- Skin infections can be common in the sport. Wrestlers are expected to wear clean workout gear & shower immediately after practice preferably with an anti-fungal/anti-bacterial soap to help prevent skin infections

Season Schedule:

- The wrestling season runs from Nov. 18th until early March for those in the Varsity line-up that progress to the state tournament and beyond - this includes February vacation week - the divisional tournament is the weekend before break and the state Meet of Champions is the second weekend of break with the New England tournament the following weekend.
- Our first competition is Wednesday, December 11th and from that point on, we have competitions every Wednesday and Saturday (usually both Varsity and JV)
- Wrestlers will always have Sundays OFF (please adjust your work schedule accordingly).

Weight Management:

- This is a significant part of the sport, but gone are the days of sauna suits, starving athletes, and 10lb cuts the day before competition
- The entire state of NH uses Track Wrestling for a weight management system which establishes a safe weight loss plan for wrestlers based off of current body fat measurements
- We will conduct certifications Wednesday, November 13th

Daily Attendance:

- Students who participate in Merrimack School District co-curricular activities are expected to attend school on the day of the meeting, practice, contest or performance. Any student who does not attend school by the beginning of his/her first scheduled class for reasons of sickness or truancy will not be eligible to participate in any scheduled meeting, practice, contest, or performance on that date. First class absences are waived if parental written excuse is presented upon return. If the violation becomes known at a later date, it will be enforced at the next meeting, practice, contest or performance following disclosure. Repeated violations would be considered gross misconduct. Administration may grant exceptions to this for extenuating circumstances

Grades:

- MHS athletes are required to maintain at 1.67 GPA or better to participate in high school athletics. **Any prospective wrestler with a GPA below 1.67 at the end of 1st quarter will NOT be eligible to wrestle this season.**
- Additionally, the MHS coaching staff actively monitors the grades of all wrestlers throughout the season and reserves the right to withhold practice or competition from any student that is failing one or more classes.

Additional Info:

- **Season Schedule:** On HS Athletics Page & sportsYou Page
- **What Does Wrestling Look Like? How is it Scored?** → (case sensitive) bit.ly/3zGYZ7C

Competition Schedule

- If any of these dates pose a conflict, coaching staff needs to be notified well in advance - Varsity Wrestlers in the line up are expected to compete
- JV Wrestlers may always, but it is not an expectation, attend varsity-only events on the weekend to spectate - often there are opportunities to double enter JV wrestlers as well
- Divisional/State Tournaments take place over Feb break this year - Varsity wrestlers need to plan
- Top 5 from Division advance to MOC - Top 3 boys & Top 2 Girls from MoC advance to New Englands

Date	@/vs.	Opponent	V/JV
Saturday, December 7	@	Timberlane (Exhibition)	V/JV
Wednesday, December 11	@	Souhegan	V/JV
Saturday, December 14	@	Souhegan Tourney	Varsity
Saturday, December 14	@	Concord JV Jamboree	JV
Wednesday, December 18	@	BG	V/JV
Saturday, December 21	@	Hollis Nor'Easter	Varsity
Friday, December 27	@	Astros Gravity Classic	Varsity
Thursday, January 2	vs.	Goffstown	V/JV
Saturday, January 4	vs.	Quad @ Home	V/JV
Wednesday, January 8	@	Hollis-Brookline	V/JV
Saturday, January 11	@	Nashua Tournament	Varsity
Sunday, January 12	MMS Hatchets Merrimack Mayhem (Volunteers Needed)		
Sunday, January 12 * 2lb Growth Allowance at Cert Weight *			
Wednesday, January 15	@	Alvirne	V/JV
Saturday, January 18	vs.	Merrimack HOF Duals	V/JV
Sunday, January 19	MYA Tomahawk Throwdown (Volunteers Needed)		
Wednesday, January 22	vs.	Milford	V/JV
Saturday, January 25	@	Quad @ Lebanon	V/JV
Wednesday, January 29	vs.	Portsmouth (Senior Night)	V/JV
Saturday, February 1	@	Concord Cap City Classic	Varsity
Wednesday, February 5	@	Manchester West	V/JV
Saturday, February 8	@	Haverhill Duals	V/JV
Wednesday, February 12	vs.	Kingswood	V/JV
Saturday, February 15	@	JV States (Timberlane)	JV
Saturday, February 22	@	Divisionals	Varsity
Saturday, March 1	@	Meet of Champions	Varsity
Sat-Sun, March 8/9	@	New Englands	Varsity

NFHS NHIAA Adopted Weight Classes

MEN	WOMEN (for States & NE)
–	100
106	107
113	114
120	120
126	126
132	132
138	138
144	145
150	152
157	–
165	165
175	–
190	185
215	235
285	–

New NFHS Rules Changes

Nearfall Criteria - 5-11-2g, 5-11-2h, 5-11-3, 9-1-5, Scoring Symbols — Redefines how near-fall points are awarded by equating the number of seconds in which near-fall criteria are met to the number of points awarded. An offensive wrestler now earns two points for **two seconds, three points for three seconds and four points for four seconds.**

Points for a Takedown - 9-1-2, Summary of Scoring, Scoring Symbols — Increased the number of match points awarded for **a match point takedown from two to three.** As a result, the scoring symbol for takedown has been amended.