



SMS Wrestling 2025- General Information and Calendar



Seaman Middle School Wrestling 2025

Head Coach: Garret Kasl

Assistants- Kent Crow, Jordan Best, Tony Pena

Personal Practice Equipment

The school will provide singlets and warm-ups for the Competitions. And a practice shirt

Athletes will need to provide the following:

- 1) Wrestling Shoes
- 2) Mouthpieces- Mouthpieces are required by anyone who wears braces. Anyone else can wear one if they choose.
- 3) Shorts, t-shirts, socks, and undergarments (will be cleaned daily after each practice).
- 4) Headgear.

Absences

- If a player cannot attend a practice for any reason (illness, travel, etc.), please email the coaching staff. Email garret.kasl12@gmail.com and jbest@usd345.com
- Unexcused absences can result in disciplinary action and/or loss of competition time.
- Attendance will be taken each day.
- ASAP- will count as excused if I'm notified before practice. Arriving at practice ASAP without communication will be considered unexcused. Athletes with 0 F's are expected to be at practice.

Communication.

- Parents, use the QR code posted below to join Group Me. This is where all communication and updates, except for email, will occur.
- Practice changes and travel ETAs will be communicated through GroupMe
- Skin issues must be reported to coaches asap.

Practices

- All practices will be after school from 3:15 to 5:00. If there is a conflict, please email garret.kasl12@gmail.com and jbest@usd345.com
- There is practice during Thanksgiving break; please communicate with me if you are out of town.
- Practices will end at 5 p.m. Wrestlers must be picked up at the front of the building by 5:20 p.m.
- Showers are HIGHLY encouraged to take place immediately after practice in the locker room. This will reduce the amount of skin fungus wrestlers can get.
- A coach will wait with the players until all are picked up. Please pick up your athlete on time. Communicate with coaches if there is a reason this pickup time will not work.



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The schedule below is subject to change and will be communicated to athletes and families.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October	1	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	17
19	20 Practice 3:15-5:15	21 Practice 3:15-5:15	22 Practice 3:15-5:15	23 Practice 3:15-5:15	24 Practice 3:15-5:15	25
26	27 Practice 3:15-5:15	28 Practice 3:15-5:15	29 Practice 3:15-5:15	30 Practice 6:00 am-8:00 am	31 Practice 6:00 am-8:00 am	November 1



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Practice 3:15-5:15	4 Practice 3:15-5:15	5 Practice 3:15-5:15	6 Practice 3:15-5:15	7 Practice 3:15-5:15	8 Little Apple Grapple @ Manhattan HS. 9:00 am EVERYONE
9	10 Practice 3:15-5:15	11 @ Holton HS Quad meet.	12 Practice 3:15-5:15	13 Practice 3:15-5:15	14 Practice 3:15-5:15	15
16	17 Practice 3:15-5:15	18 HOME Meet 4:00 PM EVERYONE	19 Practice 3:15-5:15	20 Practice 3:15-5:15	21 HOME SMS INVITE 2:00 PM EVERYONE	22 Clark Invitational 8:00 am Varsity ONLY
23	24 Practice 3:15-5:15	25 Practice 3:15-5:15	26 Practice @ SHS 8:00-10:00	27	28 Practice @ SHS 8:00-10:00	29
30	December 1 Practice 3:15-5:15	2 Practice 3:15-5:15	3 Practice 3:15-5:15	4 Practice 3:15-5:15	5 Practice 3:15-5:15	6
7	8 Practice 3:15-5:15	9 Practice 3:15-5:15	10 Practice 3:15-5:15	11 Practice 3:15-5:15	12 Practice 3:15-5:15	13 LEAGUE @SMS 9:00 AM Varsity ONLY



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GroupMe Access for Parents



TEAM STORE

