

Powell Wrestling

Weight classes in pounds

75, 82, 89, 95, 100, 105, 110, 115, 121, 128, 135,
142, 150, 160, 175, 190, and Unlimited

Who: Any athlete grades 6th-8th with the courage to step on the mat

What: Wrestling is one of the oldest and **most difficult** sports our species has ever created. Two athletes of the SAME WEIGHT compete to see who is tougher. You score points by taking your opponent down to the foam mat and trying to hold their upper back and shoulders on the ground against their will.

Where: Powell has **two new, full sized mats** which we roll out to cover the **entire small gym**.

Why: It will help you to become **stronger** in mind, body, and spirit. The sport will allow you to **become a better human** by developing **heart, drive, determination, discipline, and fortitude**. Further, you will learn basic self-defense techniques, body control and coordination, and **toughness** that will help you **succeed in life as well as all other sports**.

When: Fall from early October to late November. Practices run from 3:40-4:45 pm. Meets begin around 4:45 pm and last until around 6:30pm. All practices and meets will be on Mondays-Thursdays only, no Fridays or Weekends.

How: Show up and you are on the team! 6th graders compete only in two festivals against the other three middle schools. 7th and 8th graders compete in three dual meets and one season ending district tournament, again against the other middle schools in LPS.

Contact **Coach Wallis Sprague** for more information: **WSprague@lps.k12.co.us**