

# MME Activities & Athletics

## WRESTLING 2025

Schedule	M-F after school until 6:00pm starting October 21st - later end time when competing at meets (see below). Season Ends December 20th.
Location	<b>MMW Small Gym</b>  We are hoping that students will be bussed from MME each afternoon - bus leaves MME at 3.50pm. <b>AT THIS POINT HOWEVER, cannot guarantee a bus for the first few practices because fall sports are wrapping up.</b> Students will need a ride home from MMW at the end of practice. <b>We are aware this is not ideal and are looking at ways of smoothing this operation including early release and carpooling.</b>
Fees	\$55 participation fee and a \$66 Wrestling activity fee. (Note: The participation fee is paid only once per year for as many activities as a student wishes to participate.)
Advisor(s)	Head Wrestling Coach: Dustin Michel <a href="mailto:Dustin.Michel@minnetonkaschools.org">Dustin.Michel@minnetonkaschools.org</a> 612-723-0497
Refund Policy	REFUND POLICY: 1. Injury - Refund prorated. 2. Ineligibility - No refund as student may continue to practice. 3. Quit /Withdrawal from team - Up to 1st contest/game = 75% refund. After 1st contest/game = no refund.

- No previous wrestling experience required
- Open to **boys and girls** in grades 6-8.
- Practices will be held at MMW. MME wrestlers will be released from class at 3.40 p.m. on practice afternoons and will take a bus to MMW. There will **not** be a bus back to MME, so parents will need to pick up their child/children at MMW at the end of practice.
- Once all forms and fees have been turned in, you can attend practice.

## CLOTHES

T-shirts, Sport shorts or sweatpants (Gym uniforms are acceptable). Wrestling shoes are a must - to ensure wrestling safety. In addition, wrestling shoes will give you a competitive edge over a wrestler who does not have wrestling shoes. The shoes are designed for mat traction and will not fall off as you wrestle. We do have a few used pairs of shoes that wrestlers can use but size selection is limited. If your son has an old pair of shoes that do not fit, please consider donating them to the team for other wrestlers to use...Thank you. Knee Pads (Optional), but wrestlers who wear knee pads tend to be more competitive than those who do not.

The following items are NOT ALLOWED as they may cause injury to other wrestlers and/or damage the wrestling mats:

- No zippers, studs & buttons on clothing
- No jewelry
- No street shoes
- No loose fitting clothing

The following wrestling equipment will be provided by the School when you have turned in all forms and fees; if you lose it there will be a replacement cost:

- Headgear
- Wrestling warm ups (worn at wrestling meets)
- Wrestling singlet (worn at wrestling meets) - Parents...please wash but do not DRY!

## MEETS

Wrestling matches (MEETS) against other teams are approximately once a week. Some Saturday tournaments are scheduled this season. (These dates will be added later.) Wrestlers are expected to attend every meet. Attendance at practice is a must for those wrestlers who want to compete at wrestling meets. Transportation will be provided to and from meets. Parents may take their sons home from meets but do need to let the coach know before leaving the meet. If your son will be riding home with another adult, written permission stating this ahead of time needs to be given to the coach. Parents are welcome to attend meets; the schedule and directions to each meet are on the Activities Calendar:

<http://www.classicmsjh.org/public/genie/276/school/4/>

1. In the 'view schedules' box select wrestling
2. Under the 'view schedules' box, click on 'view'
3. The schedule will open in a new window – click on a location for the address and a map
4. Close the schedule window and in the original window, click on the 'notify me' tab'; follow the prompts so you can receive emails and/or text messages to notify you of schedule changes, reminders and/or cancellations.

Meets start at 4.30 p.m. Meets last about 90 minutes; coaches will tell wrestlers the approximate end time before each meet. Any parents who want to show up at 3.50 p.m. to assist in the setup for HOME meets are most WELCOME!

#### **Note to Parents:**

Minnetonka Wrestling Team Apparel (Optional) will be available for individuals to purchase - details to follow.

**Parents** - thank you for picking up your child on time at 6 p.m. after practice! Minnetonka School district prohibits coaches giving students rides home. Please be on time or arrange a rideshare program with other families. I will send all team communications through email. If your child is not attending practice, please be so kind as to email me to let me know. Thank you.

# Registration

1. If you have not already done so, please read the information above from the coaches.
2. You cannot register your student for athletics **until this particular MSHSL physical form** is on file at MME:

#### [MSHSL Physical Form](#)

- a. If you think the form is already on file at MME, email RUTH GALVAN to confirm it will not expire before the end of the season at: [Ruth.Galvan@minnetonkaschools.org](mailto:Ruth.Galvan@minnetonkaschools.org)
  - b. If the form is not on file at MME, you can print it and have it completed at a doctor's office or wellness clinic. When complete, Fax it to RUTH GALVAN in the main office on (952) 401-5268 or email it to Ruth at: [Ruth.Galvan@minnetonkaschools.org](mailto:Ruth.Galvan@minnetonkaschools.org)
3. It can take up to 24 hours for the system to update and upload the physical. Once the physical is on file and in the system, you can complete registration here, which includes paying the \$55 participation fee and \$66 wrestling fee - **be sure to select MME on the registration page, not MMW or MHS.**  
<https://1976a.cf.wordwareinc.com/>

4. *You will receive an email confirmation* once you have fully completed the registration process. If you do not receive the confirmation, or have questions, you can email RUTH GALVAN or call her on 952-401-4180.

**IN ORDER TO PRACTICE, YOU MAY NEED TO SHOW YOUR REGISTRATION EMAIL RECEIPT OR EMAIL CONFIRMATION FROM RUTH GALVAN TO YOUR COACH. YOU CAN SHOW IT ON YOUR MOBILE DEVICE OR BRING A PRINTED COPY WITH YOU TO YOUR FIRST PRACTICE.**

**MORE INFORMATION FOR STUDENTS AND PARENTS BELOW - PLEASE SCROLL DOWN.**

## JOIN TONKA WRESTLING

NO EXPERIENCE NEEDED.  
ANYBODY CAN WRESTLE.

SEASON STARTS MID-OCTOBER  
THROUGH START OF WINTER BREAK



INTERESTED? SCAN ME  
FOR MORE INFO



CONTACT COACH MICHEL  
ROOM 101A @ MMW  
[DUSTIN.MICHEL@MINNETONKA.SCHOOLS.ORG](mailto:DUSTIN.MICHEL@MINNETONKA.SCHOOLS.ORG)

