

Liberty Blue Jay Wrestling

The goal of middle school wrestling is to introduce the sport to athletes so they are better prepared to step on the mat at **Liberty High School** as a **Blue Jay**.

Important Links

- **If you are viewing this sheet as a hard copy, these links can be accessed on both the LMS and DMS websites (Activities >>> Athletics >>> 7th & 8th Grade Wrestling)**

[Wrestling Calendar](#)

[Gear Order Form](#)

[Athlete Info Form](#)

[Picture Information](#)

[Privit Information](#)

General Information

Season Dates: October 24 - December 15

Practice times: After school until 4:30.

- You must get a physical and have it on file before the first practice.
- Required pay-to-play (\$50) through the office before the first contest.
- You must **participate** in 14 practices to be eligible to compete.
- DMS students - meet in room 401 immediately after school.
- LMS students - take the shuttle to DMS.
- Dual Meet start times: 4:00 pm or 5:00 pm depending on location (see calendar).
- Required equipment: Wrestling shoes, mouthpiece if you have braces (lower and upper if applicable) and approved hair cover if you have long hair (recommended, but not required).
- No weight classes. The wrestlers are paired +/- 5 pounds and rated 4 - advanced, 3 - intermediate, 2 - beginner, and 1 - novice.
- Matches consist of 3 periods that are 1:00 long.

Parent Expectations

- It is very important that rides are at DMS at 4:30 to pick the kids up. If there are transportation issues, please coordinate carpooling.
- At an away contest, you must sign your athlete out with a coach for them to leave the event.
- At a home contest, athletes cannot check out early when their matches are done. They need to stay until mats are rolled up.
- Sportsmanship: Please stay in the stands during matches, refrain from sitting mat side or speaking to the official.
- The best way to communicate is through email.

Coaches Information

E-mail is the best communication tool.

Coach Collins - DMS - brad.collins@lps53.org - 736-7300

Coach Willis - DMS - robert.willis@lps53.org - 736-7300