



Shore Wrestling



2024-2025 Season Information

Dedication, **Determination**, Hard-Work, **Together**

Head Coach - T. Aaron Humphries

Assistants

- Coach Tario Humphries

- Coach Ben Yanosko

Pre-Season Events:

- **Pre-season Weight Training and Conditioning:**
 - Starting Tuesday October 22 through Nov 13
 - - Tues & Wed 4pm - 5pm
 - Pre-season Open Mat: At MHS Mondays from 6:30pm - 8:00pm

2024-2025 Wrestling Practice Schedule

(NOTE: ALL dates on schedule are tentative until start of season!)

First Official Day of Practice: Friday 11/15/24

- Practice Location: Shore Small gym
- Practice Time: 4pm - 6:00 pm
 - Please use gymnasium parking lot side of building.

❖ Wrestler's Requirements Prior to First practice

1. [Sign Up on Final Forms - Parents and students please register on Final Forms](#)
 - ❖ Student-athletes **MUST** join wrestling on Final Forms. Athletes and parents **must complete ALL Final Forms documents before wrestlers can participate.**
2. [Physical](#) - Updated physical for 2023-2024 school year
 - ❖ Physical must be completed before wrestlers can participate in regular season practices.
 - ❖ Turn in all forms to Mr. Toot or Coach A. Humphries

What to Bring to Practice Every Day!

(Items can be purchased at Seasonal Sporting Goods in Mentor, Dick's Sporting goods, We Play Sports etc.)

- Head Gear
- Wrestling shoes
- Wrestling Knee Pads
- Mouth Guard (if you have braces according to top and or bottom)
- Water bottle (suggested)
- Proper attire every day
 - Shorts
 - Tee-shirt
 - Running shoes
 - Knee Pads
 - Wrestling shoes
- Note: If you lack any of these items, they can be purchased at Dicks Sporting Goods, Seasonal Sporting Goods, We Play Sports and most sporting goods stores, (Amazon too!).

Things to Keep in Mind

- We want to Keep Athletes Healthy - Please help us do so by doing the following:
 - Please have wrestlers shower after every practice to prevent skin infection
 - Please be sure to wash all practice garments after each practice
 - Eat Healthy - Please make sure wrestlers are eating healthy meals regularly each day and not using unethical practices to cut weight.

Other Important Info

- Wrestling Matches: Please be advised, some events are lengthier or further away than others and may cause us to get back pretty late sometimes. Please pack a lunch or snack for wrestlers on when notified of such days
- Wrestle-offs for weight classes - will begin near Thanksgiving break
 - Wrestlers earn a spot in the starting lineup by winning a match against their teammates that are in the same weight class. The winner of the wrestle-off is given the starting spot with coaches discretion.
- **Communication / Updates:** For updates we will be using email and Loop.
- **Eligibility:** We **disapprove** of competition outside of our team during the season, as it **WILL** cause ineligibility according to OHSA rules. This includes OAC events and any event that is not on our team schedule.
 - In addition, we do not advise outside camps during our season.
 - Many times there are unforeseen incidents that take place.

Important Dates:

Parent Meeting - **Tuesday 11/19 @ 6:15 pm**

Pay to Play Due - **Wednesday 11/20** (Due ASAP! Wrestlers cannot participate in any scrimmages or matches without P2P. Please contact Mr. Humphries or Mr. Toot for any questions or arrangements you may need to make)

Picture Day - **Monday 11/25**

24-25 Wrestling Match Schedule

Click Link to see most updated schedule