

Hunter Wrestling

Information and Policies

“Position Improvement is Continuous”

Coach's Insider



Stance & Motion App

Communication

- Joshua Ray: Email ray_josh@hcde.org
- Joey Mayo: Email MAYO_JOSEPH@HCDE.ORG
- Conagher Smith: Email SMITH_JOHN@hcde.org

School website: <https://hunter.hcde.org/athletics/wrestling>

Communication: GameChanger

- Search Hunter Hawks 2025-2026

Sports Spectrum Order <https://huntermiddleschoolwrestling.itemorder.com/> (Store closes 10-5-25)

Requirements (Physicals/Fees)

• All athletes must have a current physical and the 3 other required forms loaded into [Final Forms](#)(instructions and [link](#)) (cardiac arrest info. form, concussion information form, consent for medical treatment) on file. All required forms are available at the front office.

• **Physicals must be dated on/after April 15, 2025.

• If your athlete has participated in a sport this school year, they probably have satisfied this requirement. We will verify. There is a general athletics fee of \$30.00 (it works for all sports paid once)



· There is also a \$50 participation fee. This is standard for all HMS sports. Checks can be made out to Hunter Middle School. Cash and are additional options for payment. Coach Ray will accept all cash & check payments.

· Practice after school till 5:00pm. There will be a parent meeting in Oct. (date TBA) immediately after practice at 5.

Skin Lesions ([release paper](#))

- Ringworm
- Impetigo
- Staphylococcus aureus

2025-2026 Schedule

Team Policies · Attendance is required at all practices and meets unless officially excused.

· A wrestler who is in school and will miss practice that day must inform a Wrestling Coach prior to practice. Practice begins 15 minutes after school and typically lasts until 5:00.

· Wrestlers are required to wear the following equipment to all practices:

- Headgear
- Wrestling shoes (and running shoes for conditioning)
- Clean, tight fitting clothing (socks, shorts/tights, shirts)
- Mouth guard (required for wrestlers with braces/dental work, recommended for everyone else)

· Academics are of the utmost importance. See attached [Student Contract](#)

· No cuts/dismissals will be made except for failing grades, excessive absences, training violations, or inappropriate/abusive behavior. Students on academic probation will have to weekly go to each teacher and get the form filled out. Failure to provide the form for 2 weeks may result in dismissal from the team. Failure to raise grades may result in dismissal from the team.

· Weight loss is strongly discouraged for any middle school wrestlers. All applicable HCAC, TSSAA, and NFHS weight management policies will be strictly adhered to.

Updated 10-08-2025

- Varsity / JV rankings will be based on coaches' decisions. Emphasis is placed on grades, attendance at practices and previous meets, results of challenge matches, and past performances.