

Join the Nicolet Jr. Knights Middle School Wrestling Team

Code of Excellence:

Help Others | Believe in Yourself | No Quit

Who?: Glen Hills, Maple Dale, Bayside, USM and area private school students (Nicolet HS area) students in 6th-8th grade.

What?: Training and competition in wrestling. We compete in the MAC conference (see schedule below).

When?: December 15th through March 7th, 2025.

Where?: Practices will be Monday-Thursday at Glen Hills Middle Schools upper gym from 4:00 p.m. until approximately 5:30 p.m.

Why?:

Develop skills that go beyond the mat!

Wrestling teaches discipline, resilience, and focus—qualities that benefit every aspect of life. Practicing in a safe and structured environment ensures these lessons become invaluable tools for the future.

Safety comes first.

Our program prioritizes the well-being of every athlete. Through carefully designed practices, wrestlers build cardiovascular endurance, improve overall fitness, and develop skills while minimizing risk.

Learn, respect, and compete!

Wrestling isn't just about matches; it's about mastering the rules, showing respect for opponents, and growing in character both on and off the mat.

Be part of a team that supports, challenges, and inspires!

Needed: Clean Shorts and T-shirt, Wrestling Shoes, Headgear, water bottle and a POSITIVE ATTITUDE!

Sign up for this great sport!

If you're enrolled in the Nicolet Jr. Knights Wrestling season, the middle school program is included at no additional cost. Sixth through eighth graders will wrestle with the Jr. Knights through December 15th, transition to practicing with the middle school team until March 7th, and then return to the Jr. Knights for the remainder of the season through late March as we prepare for State.

2025-2026 Nicolet Jr. Knights Middle School Wrestling Team

NAME _____ GRADE _____
PHONE _____

ADDRESS _____
_____ ZIP _____

PARENTS WORK PHONE/EMERGENCY
NUMBER _____

Parent Email(s): _____

Parent/guardian signature granting
permission _____

Fee: \$25.00.

To be assessed through Infinite Campus at the end of the season. All enrolled in the Jr. Knight Wrestling program have their middle school season fees fully covered.
See attached for Jr. Knight Information

Questions? Contact Coach Gus Kaufmann.

email: gus.kaufmann@gdrh.org | phone: 414-351-7160 x 2136

<u>Match Schedule:</u>	<u>Practice Dates: Upper Gym at Glen Hills</u>
1/14/26 Glen Hills @ West Milwaukee 1/21/26 Whitefish Bay @ Glen Hills 1/28/26 Glen Hills @ Wisconsin Hills 2/4/26 Frank Lloyd Wright @ Glen Hills 2/10/26 Bye 2/12/26 South Milwaukee @ Glen Hills 2/18/26 Glen Hills @ Pilgrim Park 2/25/26 Pewaukee @ Glen Hills 3/3/26 Glen Hills @ New Berlin 3/7/26 - Conference Tournament @ Brookfield East	Monday 12/15 Monday 2/2 Wednesday 12/17 Tuesday 2/3 Thursday 12/18 Thursday 2/5 Winter Break 12/22-1/2 (Open Mat practices will be scheduled for those available) Monday 1/8 Monday 2/9 Tuesday 1/9 Tuesday 2/10 Wednesday 1/7 Wednesday 2/11 Thursday 1/8 Monday 2/16 Monday 1/12 Tuesday 2/17 Tuesday 1/13 Thursday 2/19 Thursday 1/15 Monday 2/23 Tuesday 1/20 Tuesday 2/24 Thursday 1/22 Thursday 2/26 Tuesday 1/27 Monday 3/2 Thursday 1/29 Wednesday 3/4 Thursday 3/1 Friday 3/6

Weekend Tournament Schedule coming soon (these are optional)

Full Middle School and Program Schedule:	Link to google calendar	Add to your calendar:	
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