

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, 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?: January 6th through March 8th, 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!

Important Dates:

Monday, January 6th: First Day of Practice 4pm upper gym

Thurs. 1/9: Parent meeting 5:15 pm cafeteria

Wed. 1/15: @ Wisconsin Hills 4:15

Tues. 1/21 : Vs Whitefish Bay @ Glen Hills 4:15pm

Wed. 2/5: vs. Frank Lloyd Wright @ Glen Hills 4:15pm

Tues. 2/11: vs Pewaukee @ Glen Hills 4:15pm

Thurs. 2/13: @ Pilgrim Park 4:15pm

Wed. 2/19: vs South Milwaukee @ Glen Hills 4:15pm

Wed. 2/26: @ West Milwaukee MS 4:15pm

Tues. 3/ 4: @ New Berlin MS 4:15 p.m.

Sat. 3/8: MAC Championship Tournament @ TBD all day

Practice Dates:

Monday, January 6

Tuesday, January 7

Wednesday, January 8

Thursday, January 9

Monday January 13

Tuesday, January 14

Thursday, January 16

Wednesday, January 22

Thursday, January 23

Monday, January 27

Tuesday, January 28

Thursday, January 30

Monday February 3

Tuesday February 4

Thursday February 6

Monday February 10

Wednesday February 12

Tuesday February 18

Thursday February 20

Monday February 24

Tuesday February 25

Thursday February 27

Monday March 3

Wednesday March 5

Thursday March 6

Friday March 7

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, transition to practicing with the middle school team until March 8th, and then return to the Jr. Knights for the remainder of the season through late March.

Jr. Knight Registration: [3rd-8th registration](#)

2025 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. Sign up for the recreational program here:

<https://winicoletweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=22169992>

Questions? Contact Coach Gus Kaufmann.

email: gus.kaufmann@gdrh.org

phone: 414-351-7160 x 2136