

ELLENSBURG WRESTLING

Morgan Middle School



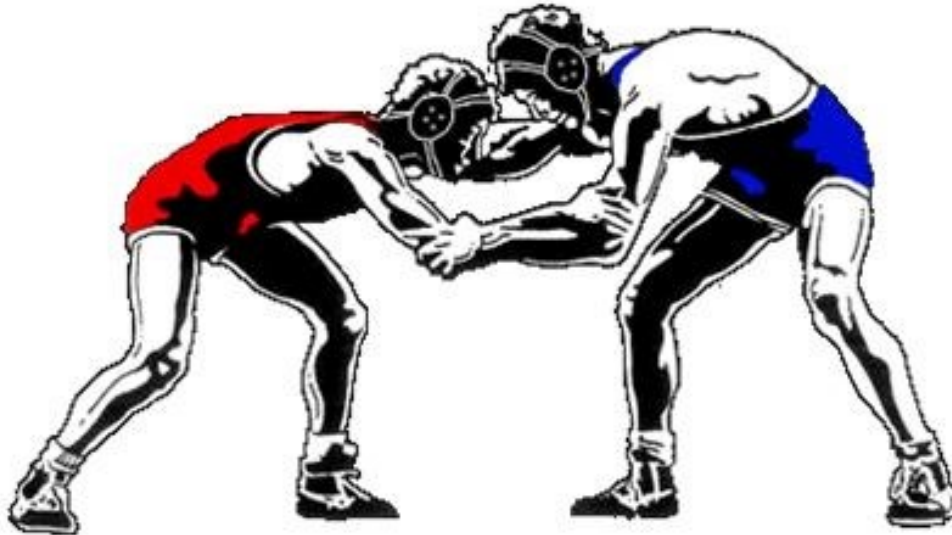
HEAD COACH: Brett Graham

ASSISTANT COACH: Brian Alexander

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PARENT/GUARDIAN LETTER

PARENT/GUARDIAN AND WRESTLER SIGNATURE



“The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart.”

- Dan Gable

ELLENSBURG WRESTLING

HEAD COACH: Brett Graham ASSISTANT COACH: Brian Alexander

Dear Parent or Guardian,

This letter is designed to provide necessary wrestling information for the 2026 Boy's Wrestling season. We are excited and grateful for the opportunity to coach your wrestler this season. Boy's wrestling is available to students in 6th, 7th, and 8th grade. Wrestling is a sport that develops a high caliber of character, integrity, work ethic, and mental fortitude. Integrating an effective coaching style of fun exercises and challenging drills providing purpose, motivation, and direction, we hope to instill a lasting passion for wrestling in your student athlete.

PRACTICE STANDARDS

PRACTICE: 2:30 PM – 4:40 PM

- Practice will not be conducted on match days, but athletes will report at 2:30 or earlier as needed.
- Please ensure you coordinate the timely pick-up of your athlete.
- The additional ten minutes of practice allows for the rolling and hoisting of the wrestling mats.

UNIFORM: T-Shirt, Athletic Shorts, Wrestling Shoes

- Please minimize pockets, zippers, or buttons to prevent injury to wrestlers.
- Wrestlers will need headgear for competition matches.

EXPECTATIONS:

- Wrestlers must maintain a 2.0 GPA in order to practice and compete (NO “F” grades)
- Wrestlers may not participate if they have 3 or more discipline referrals during the season.
- Wrestlers are required to have clean uniforms for practice in order to prevent infection or contagious skin conditions.

- Wrestlers should bring a water source to practice and a small, healthy snack to consume just prior to practice.
- Wrestlers must participate in 8 practices prior to the first match.
- Wrestlers are expected to attend practice each day unless otherwise excused.
- Wrestlers are expected to stay until the end of the match to support fellow wrestlers.

PARENT/GUARDIAN SUPPORT

- Attend home and away matches
- Provide adequate and healthy nutrition to support nourishment and recovery of your wrestler.
- Become an active member of the Ellensburg Wrestling Parent Group.
- Monitor grades using the Skyward Family Access site.

COACHING ROLE

Our role as coaches is to motivate the wrestlers by providing purpose and direction. Through well-developed practice plans, experience in coaching roles, and years of time spent on the wrestling mat, our goal is to coach the wrestlers in age level appropriate technique and skills required for foundational success in wrestling. Our hope is that in utilizing a passionate and skilled coaching staff, we can develop success both on and off the mat, for this season and the seasons of wrestling to come.

MIDDLE SCHOOL WRESTLING RULES

MATCH: Three, 90 second rounds

- First Round: Wrestlers begin in a neutral, standing position.
- Second Round: The winner of a coin toss determines the starting position as neutral, up, or down. If the choice is deferred, the other wrestler chooses the position.
- Third Round: The wrestler who has not chosen a position, has the choice of up, down, or neutral.
- Overtime: If the score is tied at the end of regulation, the wrestlers will start in neutral position. The first takedown will win the match.
- Sudden Death: If the score remains tied after overtime, the wrestlers will start in an up or down position. The first wrestler to score will win.

MATCH POINTS

- Takedown: 3 Points- neutral position to an advantage position.
- Reversal: 2 Points- Defensive (down) position to an advantage position.
- Escape: 1 Point- Defensive position to neutral position
- Near Fall: 2 Points- Exposing the opponent's shoulder to the mat for a 2 second count
- Near Fall: 3 Points- Exposing the opponent's shoulder for a 3 second count.
- Near Fall 4 Points- Exposing the opponent's shoulder for a 4 second count.
- Technical Fall: Outscoring an opponent by 15 or more points

- Fall: When both shoulders are in contact with the mat as a result of control and force. A fall ends the match.

We look forward to open and frequent communication throughout the season. If you have any questions or concerns, please contact:

Brett Graham
Wrestling Coach
509-899-1040
Weedwhackerz@yahoo.com

Please consider downloading the Remind App to receive updates throughout the season at

Morgan boys wrestling 2026

Class code mmsboyswre

Parent/Guardian and Wrestler Signature

This page is to be signed by the Parent/Guardian AND Wrestler. It will be returned to the coaches by January 12, 2026. Please keep all previous pages of this packet for your reference throughout the season.

I, _____ have read and acknowledged the information provided above.

(Parent/Guardian)

Wrestler Name: _____

Wrestler Signature: _____

Parent/Guardian Signature: _____