Liberty North Middle School Wrestling

General Information

Goal: The goal of middle school wrestling is to introduce the sport to athletes so they are better prepared to step on the mat at Liberty North High School as an Eagle.
Season Dates: October 26th – December 16th
Practice Times: HMS 3:00PM - 4:45PM & SVMS 2:30PM - 4:00 PM times do change from time to time and will be noted on Sportsyou. Have your ride at school no later than 15 minutes after practice. Pickup should take place by the tennis courts at the back of the school at HMS and in front of the school at SVMS.
Requirements: You must get a physical and have it uploaded on Final Forms before the first practice. Pay-to-play ($50) through the office/online before the first contest. You must participate in 14 practices to be eligible to compete.
If you miss a practice the day before a meet you will be ineligible to wrestle for that competition.
Dual Meet start times: 4:00PM at Heritage Middle School/South Valley Middle School or Hosting Away School (Unless noted otherwise). On meet days wrestlers will stay after school to set-up for home meets or ride the bus to away meets.
Required equipment: Wrestling shoes, mouthpiece only if you have braces (lower and upper if applicable or would like to wear one).
Provided equipment: Wrestling Singlet & Headgear
No weight classes. The wrestlers are paired up by weight their opponent can be within +/- 5lbs. for those under 100lbs., +/-10lbs. for those between 100 and 150lbs., and +/-15lbs. for those above 150lbs. and by rating 4=expert, 3=intermediate, 2=novice, and 1=beginner.
Matches consist of 3 periods that are 1 minute long.

Coaches Information

Head Coach:

Troy Parks - Manor Hill - troy.parks@lps53.org - (816)736-5460 ext. 2847

Assistant Coaches:

Ben Fiedler - SVMS - benjamin.fiedler@lps53.org - (816)736-7180 ext. 2295
Scott Davis - DMS - scott.davis@lps53.org - (816)736-7300 ext. 2194
Michael Kallal - HMS - michael.kallal@lps53.org - (816)736-5380 ext. 2673
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