

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 27th – December 17th

Practice Times: 5:00PM-6:45PM

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.

You must get a physical and have it uploaded on Final Forms before the first practice.

Required 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 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

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

Matt Estep - LHS - matthew.estep@lps53.org - (816)736-5340 ext. 2776

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