



GOLDENVIEW MIDDLE SCHOOL WRESTLING



If you are reading his paperwork then either your student has expressed and interest in joining the wrestling program at Goldenview, or the coaches have shown an interest in having your student come out for the sport. We are looking for motivated athletes who are willing to put in lots of hard effort and sweat. Athletes wrestle in weight classes that range from 75 lb. all the way to 275 lb.

Wrestling is an interscholastic sport; we will be wrestling tri-meets and quad meets. The culmination is a two day varsity and junior varsity tournament that takes place at Goldenview.

The season will start October 16th. The city tournament will take place December 6th and 7th. You can see the complete schedule at www.asdk12.org. We would like all students to get the necessary paper work in as soon as possible.

Wrestling practices will be starting at 3:00 every day after school. Attendance will be taken and it is mandatory for students to attend each practice. Athletes must have 10 practices in prior to wrestling other schools. Practices will be demanding and the athletes will be expected to put in 100% effort into the sport everyday.

Practices will get over at 4:30 and students will need to be picked up no later than 4:50 p.m. each practice day. During meets and the city tournament it is imperative that the wrestlers stay until wrestling is completed. This is so we can have all athletes supporting each other during the meet / tournament and so wrestlers can help roll the wrestling mats up and help put away chairs, there is a lot of set up and clean up for a wrestling match.

Students will need the following paperwork in the office on file prior to the first practice or they can not be allowed to practice: Middle School Activity Participation form, Concussion Test paperwork, Sports Physical, and the ASD sport's fee (which can now be taken care of on line) as this is a interscholastic sport. (Weight Cert. is Recommended)

More information will be given out once we start the season, however if you have any questions please contact Mr. Masneri at GVMS. The best way is through e-mail@ masneri_norm@asdk12.org, or call 742- 8219