**Wrestling Plan 2016-2017 NFHS**

**North Forest High School Wrestling:**

**Thank you for joining the first Wrestling team at North Forest High School. Expect this season to be fun and informative. Our goal each match is to compete with intensity and respect for the sport as well as our opponent. Wrestling is a sport of skill, determination and heart. Determination and skill will determine whether or not you are successful on the mat. Our job as a wrestling team is to ensure that we compete and give everything we have each match and HAVE FUN doing it!**

**Hydration Testing: Before we compete you must complete and PASS a hydration test, this decides what weight classes you will be allowed to participate in during the year. The test is $5 per wrestler. You must pay this is wrestle!**

**Weight Classes:**

* **Boys: 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 145 lbs, 152 lbs, 160 lbs, 170 lbs, 182 lbs, 195 lbs, 220 lbs, and 285 lbs**
* **Girls: 95 lbs, 102 lbs, 110 lbs, 119 lbs, 128 lbs, 138 lbs, 148 lbs, 165 lbs, 185 lbs, and 215 lbs**

**Practice Plan:**

**Our practices will be fast paced and intense. Expect to practice up to TWO hours after school. I will detail this more in the practice Schedule below.**

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| **Monday:**  **4:30pm-6:30pm** | **Tuesday:**  **OFF DAY** | **Wednesday:**  **4:30pm-6:30pm** | **Thursday:**  **OFF** | **Friday:**  **4:30pm-5:30pm** |
| **Warm Up(Stretch & condition)**  **Drill work**  **Install**  **Practice technique**  **End of practice**  **Take Weight** | **OFF (MEET)** | **Warm Up(Stretch & condition)**  **Drill work**  **Install**  **Practice technique**  **End of practice** | **OFF (MEET)** | **Warm up(Stretch & condition)**  **Reteach**  **Review meet info**  **Game**  **End of practice**  **Take Weight** |

* **Practice weeks may change depending on when meets are scheduled. Practices will be after school each day. WE WILL NOT practice in the morning, it is your responsibility to make sure you have a ride home from practice.**

**Practice Attire:**

**Due to the nature of wrestling and practices it is very important that you make sure you have the following with you each day when you come to practice. What you wear to practice must follow in these guidelines:**

* **You must have your headgear each day, will be worn in practices at all times**
* **The only shoes allowed on the MAT are WRESTLING SHOES, if you do not have wrestling shoes you may wear your socks. NO tennis shoes or “slides”**
* **You may wear athletic shorts or sweatpants to practice. Sweatpants are preferred in order to limit contact with the mat and potential skin infections. NO exceptions to this rule. Athletic shorts or sweatpants**
* **You may wear a short sleeve t shirt, long sleeve t shirt, or sweatshirt as a top. NO CUT OFF T SHIRTS OR TANK TOPS!**
* **Mouth pieces are optional.**
* **Ladies must have a hair sleeve (which will be provided)**
* **THE MOST IMPORTANT thing when talking our uniforms is making sure our practice gear is cleaned each night or we have multiple practice items in order to stop skin infections.**