

Attention ALL MIDDLE SCHOOL ATHLETES!

North Muskegon Middle School Wrestling Club

is back for the 2023 Season!

(January 17 through March 18)



Wrestling is a sport for **all athletes grades 6-8** looking to improve their conditioning, balance, and mental toughness!

What can you expect from the club?

- Students will compete and practice with others of a similar weight and, typically, level of experience
- Pay to participate fees go directly into paying for use of a singlet, mat tape, mat cleaner, and tournament expenses
- Wrestlers are expected to provide their own wrestling shoes and headgear, although the club sometimes has a few that can be borrowed. Uniforms are lent out to wrestlers each season.
- Wrestlers with braces must wear a mouthguard to cover any braces! If they are top & bottom, the mouthguard must be also
- Wrestlers may choose between competing in two styles of uniform: t-shirt & shorts OR a singlet. Both will be provided and have the NM logos on them
- ***I will almost always need volunteer parents to help with transportation to the meets and some assistant coaches. Please let me know if you can help with this***

Practice Schedule:

- ***Practices will begin on Tuesday, Jan 17, 2023***
- Practice will be ***every Monday through Thursday in the elementary gym 3:30 - 5:00 PM*** unless there is no school or a half-day, in which case there will not be practice.
- **Typically NO PRACTICE FRIDAYS**
- Weigh-ins will be at the end of practice *the day before a meet*; if your wrestler isn't there that day they may not be able to get them a match the following day
- Most meets will be during the week
- We have two Friday practices to prepare for our two Saturday tournaments. One in February and one on March 17

Our meet schedule will be:

Monday, Feb 6 **4:30 vs Holton & Oakridge @ HOME**

Tuesday, Feb. 14 4pm vs Oakridge, Shelby, & Whitehall **@ Shelby**

Tuesday, Feb 21 4:00 pm vs Hesperia, Oakridge, & Fremont **@ Hesperia**

Tuesday, Feb 28 4 pm vs Oakridge, Hart, & Manistee **@ Oakridge**

An additional Saturday tournament is TBD in February!

Thursday, Mar 9 4 pm vs Montague, Oakridge, & Ravenna **@ Montague**

Tuesday, Mar 14 4 pm vs Fremont, Ravenna, & Mason CC **@ Ravenna**

Saturday, Mar 18 9:00 AM West Michigan Conference Tournament **@ Fremont High School**

If you have any questions, please contact Coach Bahorski at
t.bahorski@gmail.com

Contacting Coach Bahorski:

Email: t.bahorski@gmail.com

Phone: In the case of an emergency call 616-291-7920

Getting Group Updates

Please check your email regularly for updates about practices, meets, etc

What to expect during competitions:

1. Our meets begin at 4:00 and will typically last 2 hours. We often need parents to help volunteer to transport wrestlers there! Your wrestler will typically get one or two matches during that time.
2. We will then return to North Muskegon. Please feel free to bring your wrestler home with you after the match - ***just make sure you sign them out first!*** You are responsible for arranging to pick up your wrestler promptly from North Muskegon Middle school after a meet if needed.
3. Prior to each wrestling meet coaches from the opposing teams will meet to try to match up their wrestlers by weight and skill level. Some wrestlers will get two matches while others may not get any if no opponent can be found to be an appropriate match for them. Our goal is to always try to get each kid a chance to wrestle at least once with an opponent that is roughly equal to them in weight and skill level.
4. All wrestlers will wait together with their team alongside the wrestling mat and cheer on their teammates during each match.
5. A wrestling match consists of three periods, usually about 90 seconds each - although this can change for exhibition matches - and wrestling continues until time runs out or one wrestler is pinned
6. In wrestling, competitors can win in two ways:
 - a. By pin (both the opponent's shoulder blades contact the mat for one instant) OR
 - b. By points
7. Points are awarded as follows:
 - a. 2 points for taking down an opponent
 - b. 1 point for escaping an opponent who is holding you down
 - c. 2 points for reversing from being held down directly to being the one holding down
 - d. 2-3 points for holding someone close to a pin but not quite pinning them (the longer you hold them the more points will be awarded)

If you would like to receive notifications via Team Snap please send your wrestler's name and your email / cell number to Coach Bahorski.
There will not be a parent meeting to start the season but please feel free to catch me after practice to meet in person or shoot me a text, email, or phone call whenever!

