



Wrestling Website



AMS WRESTLING 2026 MATCH SCHEDULE

Coaches: Rodney Bickley (Head Coach), Jeremiah Harju (Assistant Coach), Mike Bargewell (Assistant Coach)

Practices: Weekdays Group 1 (lighter weights) : 4:15 - 5:45pm & Group 2 (all other weights): 5:45-7:15pm (AMS Commons) - do not arrive prior to 4pm

Parent & Student Information Meeting: Thursday, January 29 @ 6:00pm (AMS Commons)

Picture Day: Friday, February 20 @ 4:15pm (AMS Commons) *(Individual Photos available upon request)*
BRING YOUR UNIFORM

End of Season Party: Tuesday, March 24 @ 6-8pm (AMS Commons)

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Feb 19	Stanwood	3:15 Weigh In / 3:45 Warm Up 4:00 Start	HOME AMS Gym	N/A
Feb 24	N Whidbey	3:15 Weigh In / 3:45 Warm Up 4:00 Start	HOME AMS Gym	N/A
Mar 4	Cascade	3:15 Weigh In / 3:45 Warm Up 4:00 Start	HOME AMS Gym	N/A
Mar 5	Stanwood	3:15 Weigh In / 3:45 Warm Up 4:00 Start	Stanwood MS	LV: 2:30pm RT: 6:00pm
Mar 10	Burlington	3:15 Weigh In / 3:45 Warm Up 4:00 Start	Lucille Umbarger Elementary	LV: 2:45pm RT: 6:45pm
Mar 11	CDL	3:15 Weigh In / 3:45 Warm Up 4:00 Start	Darrington MS Gym	LV: 1:50pm RT: 7:40pm
Mar 17	N Whidbey	3:15 Weigh In / 3:45 Warm Up 4:00 Start	N Whidbey MS	LV: 2:45pm RT: 6:45pm
Mar 19	Burlington	3:15 Weigh In / 3:45 Warm Up 4:00 Start	HOME AMS Gym	N/A
Mar 21	FINALS	Weigh In @ 7:00am 9:00am - 5:00pm	Cascade MS	LV: 6:10am RT: 5:50pm

Updated 1.29.26

This schedule may change as needed.

Please visit the athletics page on the AMS website at www.osd103.org/AMS for the most current schedule available.

*Eligibility to participate in games/competitions:


- Per WIAA requirements, athletes must attend at least 9 practices.
- Per AMS eligibility requirements, athletes must be passing all classes (NO F's) in order to participate in games/competitions. Students with failing grades on BOTH grade checks will be removed from the team.
- Athletes must have a current sports physical on file and have paid the \$45 sports fee.
- See the full Code of Conduct for a full list of eligibility requirements.

Additional Wrestling Rules

- One detention = just "watching" practice (expected to be there, but will not participate)
- Three detentions = removal from the team
- Two suspensions = removal from the team
- 3 unexcused absences = removal from the team (OSS/ISS absences will be considered excused)
- Athletes must attend the practice prior to the match to be eligible to compete



AMS Wrestling 2025-2026 Schedule

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice Both groups 4:15-5:45pm	3 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	4 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	5 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	6 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	7
8	9 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	10 <i>Grade Check Given</i> Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	11 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	12 <i>½ Day Release @ 11:15am</i> NO PRACTICE Student-Led Conferences	13 <i>½ Day Release @ 11:15am</i> Practice Group 1 & 2 4:15-5:45pm <i>Grade Check Due</i>	14`
15	16 NO SCHOOL President's Day	17 <i>Uniforms Distributed</i> Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	18 Practice Both groups 4:15-5:45pm	19 HOME Match v Stanwood	20 Picture Day @ 4:15 Practice Group 1 & 2 5:45-6:45pm	21
22	23 Practice Both groups 4:15-5:45pm	24 HOME Match v N Whidbey	25 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	26 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	27 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm <i>Grade Check Given</i>	28  Wrestling Website



AMS Wrestling 2025-2026 Schedule

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	3 Practice Both groups 4:15-5:45pm <i>Grade Check Due</i>	4 HOME Match v Cascade	5 AWAY Match v Stanwood	6 Practice Group 1 4:15-5:45pm Group 2 5:45-7:15pm	7
8	9 Practice Group 1 & 2 4:15-5:45pm	10 AWAY Match v Burlington	11 AWAY Match v CDL	12 <i>½ Day Release @ 11:15am</i> Practice Group 1 & 2 4:15-5:45pm	13 NO SCHOOL Staff PD	14
15	16 Practice Both groups 4:15-5:45pm	17 AWAY Match v N Whidbey	18 Practice Both groups 4:15-5:45pm	19 HOME Match v Burlington	20 <i>AMS Spring Event</i> Practice Both groups 3:00-4:00pm	21 FINALS @ Cascade MS
22	23	24 End of Season Potluck @ 6-8pm in AMS Commons	25	26	27	28



Wrestling Website

Anacortes Middle School

Student Athlete and Activities Code of Conduct

Effective: September 3, 2025

1. Participants covered by this code:

Students of Anacortes Middle School who participate in all athletics governed by WIAA, student body officers, performing drama, band or choir groups, and other clubs and activities recognized by the ASB and represent the school in public settings.

2. Philosophy:

Anacortes Middle School is proud of the athletic and activity programs we offer, and encourages all students to be involved. Coaches, advisors, and administrators, who are responsible for the conduct of students during events/activities feel the opportunity of participating in such programs is one of the most valuable experiences in a student's educational experience. The academic, moral, physical, and social aspects of a well-run athletic and activities program are of unquestionable value to the participants. ***It is considered a privilege to participate.*** The highest possible standard of conduct and training are required by those who participate in the Anacortes School District programs. Participants who exhibit any of the behaviors that rise to the level of misconduct, as defined in Policy and Procedure 3241 (Student Discipline) in addition to what is listed within this Code of Conduct, are subject to corrective action, which may include removal from participation in all activities. Lesser forms of corrective action will be utilized to the extent appropriate, and all corrective action may be grieved, in accordance with the discipline appeal process.

3. Period of Coverage:

Upon initial participation in middle school athletics and activities, the code will apply from start, to end of each season. However, it is expected that during times of off seasons or no events, students' behaviors and academics reflect the expectations outlined in this code of conduct.

Note: the AHS code of conduct is applicable to middle school students who participate in summertime athletics and activities.

4. This code is cumulative:

The code is based upon the concept of progressive discipline. Therefore, if multiple behavior or academic infractions occur, consequences may be more severe for each additional infraction.

5. Academic Standards:

It is expected that students participating in athletics and activities will pass all of their classes.

Students who have one **F** grade in any class will be ineligible to participate in games/meets/matches/events; but still expected to be at practice.

Students who have more than one **F** grade will be ineligible to participate in practices as well as games/meets/matches/events.

- In the event there is an academic study hall, there will be an expectation for participation
- Students with at least one failing grade “F” on BOTH grade checks will be removed from the team.

Grade checks will be the responsibility of the student to retrieve from the Athletics secretary, and pre-filled out, prior to asking teachers to sign off. Incomplete grade checks are not the teachers responsibility to fill out, and students may be asked to fill out before a signature is issued.

- Students and families who want the most up to date grade reports can log into Schoology and/or Skyward for reference.

6. Attendance Requirements:

Students must attend all class periods in which they are enrolled in order to participate in that day's competition, performance, and/or event. The only reasons for an absence to be excused by administration on the day of an official competition, performance, and/or event would include:

- 1) Medical appointment*
- 2) Family emergency or
- 3) Participation in school approved activities.
- 4) Documented health condition (Skyward and/or FinalForms) that has the potential to resolve itself during the school day.**

**A medical or dental appointment must be accompanied by a note from the doctor or dentist.*

*** Students missing school for a documented health condition must attend at least half day (P4-6) in order to compete.*

- Best practice is to communicate with the Attendance Secretary if an attendance issue arises.
- All extenuating circumstances for attendance will need to be reviewed and approved by the athletic director.

7. Equipment/Uniforms

School-owned uniforms and equipment that is checked out to a participant in any athletic/activity is their responsibility. **The loss or misuse of this equipment (uniforms) will be the financial obligation of the participant.** Participants will not be allowed to continue competition, receive awards, participate in succeeding activities or graduate until the financial obligation is fulfilled or equipment is returned

to its original state.

8. Code Violations & Potential Consequences:

Misconduct subject to corrective action and discipline

Participants who exhibit any of the behaviors in violation of school or reasonable coaching rules are subject to corrective action under [Policy 3241](#) and [Procedure 3241](#) (Classroom Management, Discipline and Corrective Action)

- **during season** Students who receive In School Suspension (ISS) will be ineligible to participate in practice and/or games(events) on the **day of ISS**.
 - Students will be allowed to practice once ISS is served
 - Students will sit out the following game/meet/match/event (unless day of ISS is game/match/meet)
- **during season** Students who receive an Out of School Suspension (OSS) will be **ineligible to participate for 5 school days** (including practices)
 - *The 5 days begin when the OSS is issued*
 - ***Students who receive 3 seperate OSS/ISS during season will result in student disqualification from sport/season***

Student sign-out: It is expected that students check-in with coaches/advisors prior to leaving an event with an approved parent/guardian. Students **MUST** be signed out.

- If a student leaves w/out signing out, they will not be allowed to leave w/ parent again.

Student Athletic and Activities Conduct Expectations:

- I understand that it is a privilege to participate in athletics and activities at Anacortes Middle School. Therefore during the season, I agree to follow the rules and regulations established by Anacortes Middle School, Anacortes School District, the Washington Interscholastic Activities Association (WIAA) and Anacortes Middle School's Athletic Department.
- I understand that in order to participate I am also expected to adhere to the standards and rules of Head Coach's / Advisor's for each sport, club or activity that I participate in, which may be in addition to the rules listed within this document.
- I will not use, possess, sell, distribute or show evidence of having consumed alcohol, marijuana, illegal drugs, prescription drugs (other than for their intended medical use), drug paraphernalia, nicotine products, or any item purported to be such at any time. Proximity or witness to such actions is considered participation.
- I agree to represent myself, my team, club or group and Anacortes School District with honor and respect. My sportsmanship, both as a participant and a spectator, will be positive and appropriate. Any display of unsportsmanlike conduct toward teammates, opponents, officials, staff, volunteers or spectators is unacceptable. At all times, my behavior and conduct in class, online, through the use of social media and at school functions will be appropriate.
- I agree to conduct myself in person, online and through the use of social media in a way that promotes a positive image of the school, community and myself at all times. If I act in a way that reflects negatively on the school, community or myself, I will be subject to extracurricular athletic / activity disciplinary action which may include suspension or permanent removal from sports and/or activities. Acts that could reflect negatively include but are not limited to: truancy, tardiness, fighting, stealing, academic fraud or cheating, plagiarism, criminal activity, hazing, harassment, intimidation and bullying.
- I will not participate in any actions of harassment, intimidation or bullying of teammates, opponents, staff, volunteers, spectators or students and promise to report any such actions, in confidence, immediately to school supervisory personnel. *Proximity or witness to such actions is considered participation.*
- I will not participate in any hazing or initiation activities and promise to report any such actions, in confidence immediately to school supervisory personnel. Proximity or witness to such actions is considered participation.
- I agree to abide by all AMS and ASD rules and regulations. Students who are suspended or expelled for any violation of school rules will not be allowed to practice, rehearse, compete or perform in any extracurricular activities for the duration of the suspension. Additional consequences may be imposed via the athletic/activities code: 5 days of no participation.

- I agree not to forge any athletic eligibility documents.

- I understand that Head Coaches and Advisors may have team, club or group rules with additional expectations of conduct and behavior that apply to their specific activity.
 - These rules / expectations must be approved by the AD and clearly communicated to participants at the beginning of the season and/or school year.
 - Participants who violate team / group rules may be fully or partially suspended from the next practice, game or event as determined by the Head Coach or Advisor, with approval from the AD.

Athletic/Activity Code of Conduct Agreement:

I/we realize it is considered a privilege to participate in the activity/athletic programs of Anacortes School District. I hereby agree to obey the rules and regulations set up by the Anacortes School District and the W.I.A.A.

We, the students and parents, acknowledge we have received a copy of the Anacortes Middle School Activity/Athletic Code and agree to abide by the rules and regulations of the Anacortes Middle School Activity/Athletic Code.

AMS Sports

Sign up on FinalForms!

For more information about AMS Sports,
visit <https://www.asd103.org/AMS/Department/76-Athletics>

Season Dates



Girls' & Boys' Basketball
BOYS' Basketball has ended.

Boys' October - November
Girls' February - March



Cross Country
Cross Country has ended.

September - October



Girls' & Boys' Soccer
GIRLS' Soccer has ended.

Girls' September - October
Boys' April - May



Track & Field

March - May



Volleyball
Volleyball has ended.

December - January



Wrestling
(open to 6th - 8th graders)

February - March

AMS Clubs

Club list and availability changes throughout the year. This is the list as of November 2025.



Gaming Club - Mondays @ 2:45pm Room 208
Limit 30 students



FULL - Art Club - Thursdays @ 2:45pm Room 102



FULL - Yearbook Club - Mondays @ 2:45pm Room 119



AHS/AMS Running Club - M/W/F @ 3:10pm Meet @ AHS
November through March



Garden To Kitchen Club - Tuesdays @ 2:45pm Room 101



FULL - Golf Club (Spring & Fall) - Tuesdays OR Thursdays
3:15pm
September through October - Day of the week will be determined by assigned group



Bible Study Group - During A Lunch - Tuesdays Room 102 &
Thursdays Room 114 - During B Lunch - Wednesdays Room
209



Chess Club - Every other Wednesday @ 1:45pm Room 204
See calendar for specific dates



Builders Club - Every other Thursday @ 2:45pm Room 212
See calendar for specific dates



Card Games Club - Fridays @ 2:45pm Room 106

Dates & Times TBD



GSA Club



Scan here to
subscribe to the
AMS Web Google
Calendar

The Athletic Spirit Wear Online Store is open **through February 17!**



Order **HERE!**

