

My name is Rodney Bickley, and I am the head coach for the AMS Wrestling Team. My assistants are Jeremiah Harju, Michael Bargewell and Dillon Carbajal.

The middle school team is open to boys and girls in the 6th, 7th, and 8th grades. All wrestlers must complete all of the following requirements:

1. Complete sports packet online through [final forms](#)
2. Sports physical (good for 2 years)
3. Sports fee paid to AMS prior to first competition - \$45

As this is a school sport, academics are first. Students must be passing all classes in order to compete in matches and the tournament. They can still practice if failing a class but may need to attend a study group or attend to work after school before practice if needed. This should not be an issue as the new semester started at the end of January, so everyone should be passing! Wrestlers will be expected to attend all practices and matches as this is a school sport. The level of commitment needed to be successful is 100%. We understand that kids get sick or occasionally there may be an appointment that will interfere with practice. The season is short...only 7 weeks long. There are 11 practices before the first match. In order to compete, athletes must complete at least 9 practices. There are 8 matches and the end of season tournament.

Our season will start February 2nd. Practices will be most school days. Time will be dependent upon which practice group your student athlete is in. We will promptly start practice at each assigned time; meaning your wrestler should be dressed and ready (shorts/sweatpants, t-shirt, wrestling shoes, headgear) and on the mat ready to start. Since school gets out well before the start of practice, your wrestler has time to check in with teachers if needed, do homework, or in some cases go home. Wrestlers are not allowed to loiter on school grounds waiting for their practice time. Wrestlers must shower relatively soon after practice to help minimize skin issues such as ringworm. Fingernails should be trimmed. Those with long hair can either get a haircut, braid their hair, or wear a hair cover.

If a wrestler misses a practice prior to a competition, they will not be eligible to compete in that competition and those on the depth chart will move up to fill the spot. The depth chart will be explained in more detail later.

There will be 8 matches during the season. When it is a home match wrestlers are expected to help set up and then get competition ready (uniform, wrestling shoes, head gear, and for those who will be getting warm ups, those too). Once ready we will have a team meeting and then warm up for competition. For away matches we will most likely get dressed at our opponent's school so athletes should make sure they have all gear prior to departing AMS. We will ride the bus as a team to our opponent's school. After all our matches are done, wrestlers can be checked out and ride home with parents/guardians...not friends, or ride the bus back to AMS and then be picked up. Athletes will be expected to sit with the team and support each other, watch their teammates' matches, and receive feedback from coaches.

The 8th and last event will be a league championship tournament on Saturday, March 21st for our varsity and JV wrestlers. I will try to get as many wrestlers into the tournament as possible for those who aren't a varsity or JV wrestler.

The school will provide a uniform for competition. Wrestling shoes are a must and can be purchased at any sporting goods store or online. The average price for shoes is around \$50. Wrestlers also must wear headgear (aka ear guards). The school has a limited supply to borrow. The average cost to purchase head gear is \$40.

Weight classes are as follows: 78, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 154, 164, 175, 185, 195, 215, 285. For most matches, we will group wrestlers near a weight to wrestle with the idea to get 2-3 matches (provided there are enough people near each other in weight). The tournament will go by weight class.

Hopefully, we will have 3-4 wrestlers per weight class to have depth! When there is more than 1 wrestler at a given weight class we will hold “wrestle offs” to rank order the people at that given weight. The #1 will be the varsity wrestler and the #2 will be the junior varsity wrestler. During the season, we will do our best to match up wrestlers so they can wrestle people from other teams, but at the tournament we only have 2 spots per weight class. The varsity and junior varsity wrestlers will get those 2 spots. Occasionally, other teams won't have 2 people per weight class so there may be a spot where we can get the #3 into the tournament! If a varsity or junior varsity wrestler are ineligible for a competition due to grades, behavior, or absence, then those on the depth chart move up and fill the spot. A wrestler removed from the spot has to challenge to get the spot back.

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