



Attention 6th graders and parents:

This year, our athletic conference has expanded the Middle School age group to include 6th graders for wrestling. If you are interested in wrestling at Lewis-Palmer Middle School, our season starts at the end of January. This program covers all levels of athletes from those who have never wrestled through experienced wrestlers. Wrestling is broken into weight classes so size differences are negated. Student athlete safety is paramount.

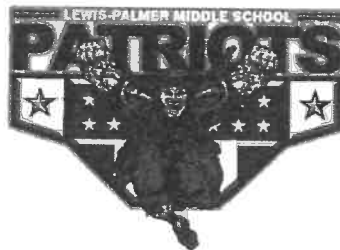
Wrestling season sign-ups begin on January 14th. Sign up in the front office of the Middle School. See Ms. Prosseda or call 719-867-8234. You'll need a current sports physical, permission forms, and the sports fee in order to start practicing on January 28th. Turn in those completed items to Ms. Prosseda at the Middle School. A student may not practice until a physical form is on file. The participation fee is \$70 payable to LPMS.

For more information, visit the wrestling web pages at <https://www.lewispalmer.org/Page/3199>

- +Practices will be in the Middle School gym starting on Monday, January 28th.
- +Practice for 6th graders will be from 4:00 (or as soon as you can get there) until 5:15.
- +We practice Monday through Friday. See the complete schedule on the back of this flyer.
- +Competition show time for 6th graders will also be at 4:00 on weekdays.
- +Practices are in shorts, t-shirts, and wrestling shoes. Wrestling shoes can be purchased online or at sports stores like Big5 or Dick's. If your student is trying wrestling for the first time, you don't need to purchase shoes right away. That can be done in the first week of February.
- +Uniforms for competition are provided by the school.

Wrestling is not just about athletics. Your student will learn about accountability, resilience, hard work, teamwork, listening skills, discipline, overcoming failure, and effort.

There will be a parent meeting at 5:00 on Friday, February 1st. Please contact Coach Bergmann at tbergmann@lewispalmer.org if you have questions about the program before that meeting.



2019 LPMS Patriot Wrestling Schedule


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January	28	29	30	31	1	2
	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:00 Practice (LPMS) 5:00 Parent Meeting	
February 3	4	5	6	7	8	9
	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	
10	11	12	13	14	15	16
	4:00 pm @ Eagleview MS	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS) Team Photos	2:45 – 5:15 Practice (LPMS)	3:45 pm Discovery Canyon @ Air Force Academy	
17	18	19	20	21	22	23
	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	3:45 pm @ Timberview	3:45 pm TCA @ LPMS	2:45 – 5:15 Practice (LPMS)	
24	25	26	27	28	March 1	2
	2:45 – 5:15 Practice (LPMS)	3:45 pm Challenger @ LPMS	2:45 – 5:15 Practice (LPMS)	3:45 pm Mountain Ridge @ LPMS	2:45 – 5:15 Practice (LPMS)	
3	4	5	6	7	8	9
	2:45 – 5:15 Practice (LPMS)	3:45 pm @ Elizabeth	2:45 – 5:15 Practice (LPMS)	2:45 – 5:15 Practice (LPMS)	3:45 pm @ TBD	NPAC Tourn (Discovery Canyon HS) All Day
10	11	12	13	14	15	19
		2:45 pm Uniform turn-in and Team Party (LPMS)				

NOTES:

1. Braces must be covered by mouth guard. Upper and lower if braces are both upper and lower.
2. Long hair must be contained in a skull cap.
3. Show times for Saturday tournaments will be 6:00 am @ the LPMS North Parking Lot (near softball fields). Exact departure times will be provided at practice.
4. Saturday tournaments will likely be over by 3:00 pm.
5. Bus for away matches will depart directly after school from the main entrance.
6. **Parents must sign their athlete out with a coach if not riding the bus back to LPMS.**

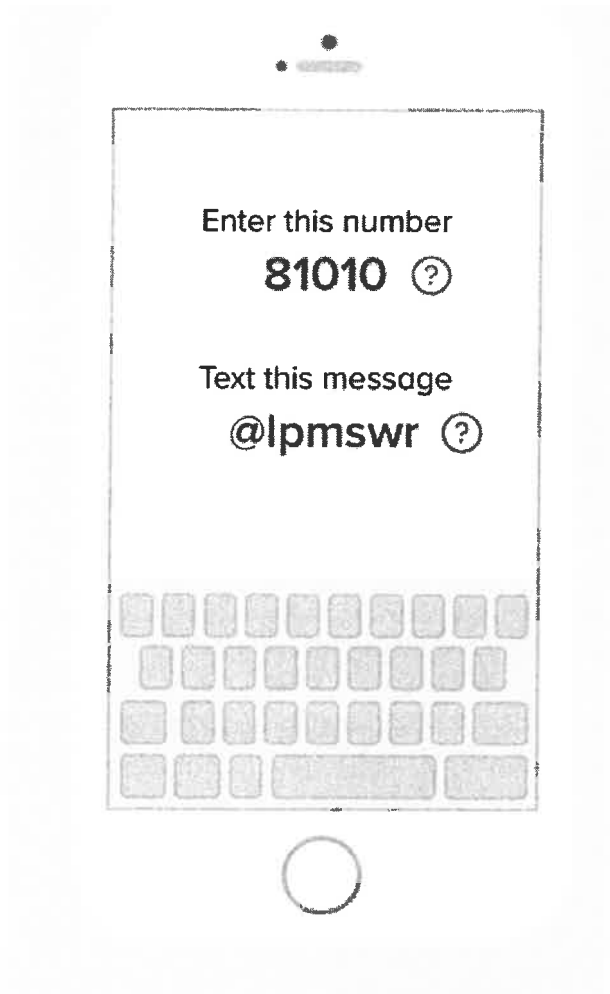
Lewis-Palmer Middle School Wrestling

How to get up-to-date information and updates:

We will use the  **remind** app this year, in addition to this website for announcements. To sign up, click the remind logo or visit the website <https://www.remind.com/join/lpmswr>

For text

For email



Lewis-Palmer Middle School Wrestling

For complete information, visit <https://www.lewispalmer.org/Page/3199>

Wrestling season starts in January and lasts 7 weeks. We will have an after school club in the fall.

Weight Classes: Wrestlers compete by weight class. In middle school, there are 20 weight classes. To belong to a weight class, a wrestler must weigh less than or equal to the weight value of the class. Wrestlers will “weigh-in” prior to a match or tournament. We will also weigh wrestlers at practice to see which weight class they will compete in. Wrestlers are not expected to “cut” weight to get to a lower class. Weight classes are:

- 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 150, 160, 170, 185, and "Heavyweight" (not to exceed 245 pounds)

Dual Matches: During a dual match, both the junior varsity (B team) and varsity (A team) squads from the two involved schools compete against each other. The format of competition is as follows:

1. Junior varsity wrestlers from each school compete against each other in order of increasing weight class. If more than one junior varsity wrestler is at a certain weight class for each school, the coaches will match opponents based on experience levels. These allow the wrestlers to gain more competitive experience. The goal is to get each wrestler an opponent in each competition; however, due to matching by weight class, this is not always possible.

2. After a break, the varsity matches commence in the same fashion as the junior varsity/exhibition matches. The winner of the individual match earns points for his/her team towards the cumulative team score. Only one athlete from each school participates per weight class for varsity.

What to Expect at Wrestling Practice

- Wrestlers should wear t-shirts and comfortable athletic shorts without pockets. Shirts will be tucked in to prevent entanglement. Wrestling shoes should be worn and can be purchased at Big 5, Sports Authority, Dick's, Champs, etc. Even the least expensive shoes available at these stores are of good quality for this level of competition. Another option is purchasing a used pair at a sports consignment shop such as Play it Again. Headgear is provided by the team to prevent ear injuries. Headgear is mandatory for competitions. Competition uniforms are provided by LPMS.
- No street shoes/sneakers are permitted on the wrestling mats. We want to keep them as clean as possible and prevent rocks stuck in shoes from tearing the mats.
- Practices normally begin with warm-up and conditioning exercises such as stretching, running, and gymnastic exercises. Next will be technique, demonstrations by the coaches, followed by practicing the demonstrated moves with a partner. Each wrestler will be paired with another of comparable weight and skill. Practices usually include live wrestling or games.
- Wrestlers are expected to listen and behave during practice so as not to distract the coaches and other wrestlers.