

Hastings Middle School Wrestling

2016-2017

Dear Parents and Wrestlers,

We are excited to have your child out for wrestling at Hastings Middle School. Hastings has a proud and excellent tradition in wrestling and it is our goal to continue this tradition. At this time, app. 55 wrestlers are out for the team. It is our goal to get the wrestlers as many matches as possible throughout the season. We will have six home matches and six away matches and three Saturday tournaments. Transportation is provided by the school. All HMS wrestlers will be together for all home and away matches as well as tournaments. Many of the 7th and 8th graders will have the opportunity to compete on the 9th grade and under team; wrestlers will be notified in advance of the meets. We appreciate your cooperation with the following details:

- **Practices** - are from 2:50 – 5:00 daily. (5th grade practices Monday, Wednesday and Fridays) All wrestlers are expected to attend unless they previously notify a coach. (Please bring a note from a parent / teacher if they miss or are late to practice)
- **Athletes** – cannot be failing more than 1 class (academic policy will be reviewed)
- **Matches** – Wrestlers may leave with parents after away matches. Please make sure you notify a coach before you leave and present a note from the parent. For home matches, ALL wrestlers stay until the mats are rolled up and put away. (5th graders will wrestle all home matches and have the option to attend away matches and select tournaments, if they choose)
- **Parents** - Please try to attend as many matches as possible, your sons and daughters have been working hard and would appreciate it.
- **Clothing** - We ask all wrestlers to purchase a hooded sweatshirt \$22 and sweatpants \$18, total = \$40. We also have mesh duffle bags and shorts available for \$16 each. Sweats and shorts are used as warm-ups for meets. All wrestling items must be purchased through the wrestling page of the HMS athletics website at <http://hmsathletics.wix.com/hmsathletics> (athletics link from HMS home page)

* If you have any questions or concerns, please call Coach Kreuser at (school) 480-7217, email - kkreuser@hastings.k12.mn.us or Coach Rohr at 480-7142 – jrohr@hastings.k12.mn.us

Coaches: Kyle Kreuser, Mitch Shemon, Will Van Duzer, Joe Sandkamp and Jim Rohr

Season schedule on the following pages

Also, please go to HMS athletic website and click on the Sports scheduler for directions