

IMPORTANT INFORMATION FOR WRESTLERS AND THEIR PARENTS

1. On Tuesday, November 6th, all wrestlers will be given a “Base-Line” Test to determine their weight management program. The wrestlers will be tested for proper hydration, body-fat %, and their actual weight. This test will help determine the weight class that they will wrestle at this season. All wrestlers in the state of Nebraska must perform this test before they are allowed to enter competition.
2. The first official practice for the upcoming wrestling season is Monday November 12th. Students must have a current physical on file with the school, proof of insurance and a parent’ signature. Practices begin after school and run until about 5:45 pm.
3. On Tuesday November 14th, Wrestlers will be required to stay after practice for a team building session where we will discuss weight loss, nutrition, practice habits, fund raising, and share other important team information. We will provide food for the athletes that evening. This meeting will last until 7:30 pm.
4. On Thursday evening, we invite all parents to attend out Parent meeting in the Mustang Center at 7:00 pm. The purpose of this meeting is to introduce coaches and wrestlers, to discuss the rules, expectations, and protocol of the Millard North wrestling program, to provide information on nutrition, dieting, and the new weight management program.
5. I also invite parents to become involved in our wrestling booster club, and to check us out online at www.mustangwrestling.org

If you have any questions, feel free to contact me anytime.

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