

Mt Ararat Middle School Wrestling

January 2023

Wrestling season is almost here! Wrestling is open to all students here at MAMS. Online registration will begin on Monday 1/23. The link to register will be on the [MAMS Athletic page](#).

Coach Kowalsky will be at school Tuesday 1/31 during all lunches to answer any questions you may have

The first day of practice is on Monday Feb 6th. Practices will be after school Monday thru Friday. Practices will end in time for students to take the late bus Monday-Thursday. On Friday there is no late bus so students will need to be picked up. If this is a problem please let one of the coaches know in advance.

For practice each wrestler will need shorts with no pockets, t-shirt, running shoes and wrestling shoes. The school supplies the uniform and headgear.

The season is 2 months long with wrestling meets on Wednesdays and Saturdays. I will have a schedule to hand out as soon as I receive one from the league director.

More information will follow along with a parents meeting to be scheduled later.

Michele Crawford,

Athletic Director