

Linn-Mar Middle School Wrestling 2025

Open to all 7th and 8th girls and boys

Sign-up on Bound

Oak Ridge: <https://www.gobound.com/ia/schools/oakridgems>

Excelsior: <https://www.gobound.com/ia/schools/excelsiorms>

BOYS-Practice STARTS Tuesday, Jan. 14th.

GIRLS-Practice STARTS Tuesday, Jan. 21st.

All practice and meets are at Oak Ridge. Excelsior students will ride the shuttle to Oak Ridge.

Practice will end at 5:00 please have rides by 5:15. Coaches can only leave once all athletes are picked up. If you have a problem picking up your athlete, please make an alternative arrangement for that day.

You must bring clean shorts, a T-shirt, and shoes each day.

Wrestlers are expected to be at all practices. Please let Coaches know if you will be gone and bring notes for excused practices. Unexcused absences and any discipline issues will be handled on an individual basis.

Wrestlers will receive a school singlet and headgear for competition. Wrestling shoes are not required but are recommended. We have a limited number of shoes to loan. Resale stores like “Play-it-Again” usually have quality used and new shoes.

All wrestlers with braces or orthodontic devices **must** wear a tooth and mouth protector.

All wrestlers are highly encouraged to use a mouth guard for teeth protection.

There is no longer a hair length requirement.

In Middle School there are no set weight classes; wrestlers will be paired for matches by weight and ability. Our goal is to get 2 matches for each wrestler per meet. This will vary according to available wrestlers.

Schedules and directions to schools are available on the

[LM Middle School Wrestling website.](http://www.linnmarwrestling.com/middle-school.html) (<http://www.linnmarwrestling.com/middle-school.html>)

Home meets usually end around 5:30-6:00 and all wrestlers are expected to remain until mats are rolled and the gym is clean. Away meets usually end at about the same time.

Wrestlers going home with parents will need to sign their wrestlers out. A wrestler wanting to leave with someone else’s parent must have a note stating they will be leaving with that adult. **Wrestlers riding the bus will return to Oak Ridge.** They will text or call on the way home so the ride is there when we return to Oak Ridge. Please be on time to pick up your wrestler.

Later in the season, we might practice at the High School- Oak Ridge, and Excelsior will shuttle to Door 7. Parents can pick up at door 7 which is near the “back” of the main gym (parking lot between the Aquatic Center and the HS)

If you have any questions, please contact us.

Support Linn-Mar K-12 wrestling

Coach Fish
sfish@linnmar.k12.ia.us
447-3173

Coach Geers
mgeers@linnmar.k12.ia.us
447-3446

Coach Roudabush
mrroudabush@springville.k12.ia.us

