**ISMS Wrestling Information 2021**

* **Practice Information**
  + Wrestling season will begin April 12th and will conclude May 21st.
  + Practice occurs after school Monday-Friday from 4:30-6:00 pm at Keller High School. The school will provide a shuttle to take students to KHS for practice, but wrestlers will be picked up by parents/guardians from KHS after practice.
  + Wrestlers will be allowed to bring their bags and belongings with them to KHS.
  + ***There will be no practice or meets during STAAR Testing (May 3rd – May 14th).***
* **Communication**
* Communication from coaches to parents and wrestlers will take place on sports you app and via email.
* **Weight Classes**
  + 80, 89, 98, 106, 113, 120, 126, 132, 140, 150, 162, 175, 200, 285
* **Tournaments and Meets**
  + Dual style meets will be held once a week after school on Fridays. For dual meets, we will be looking to get each wrestler 2 matches, depending on availability of opponents to wrestle against.
  + Duals will not follow the strict weight class grouping. Due to the number of kids, wrestlers will wrestle kids close to their weight. The heavier the weight class, the higher the chances of having a larger sliding scale.
  + There will be no tournaments this year due to COVID pushing the season.
  + Spectator Attendance: Currently, due to COVID KISD is not allowing spectators into gyms to watch wrestling. As the situation surrounding COVID is constantly developing, any changes to this policy will be shared immediately with parents. We are currently looking at live streaming matches on the KHS Wrestling Facebook page. Further communication will be shared prior to the first match.
* **Equipment**
  + Wrestlers will be expected to have a pair of wrestling shoes. The school will not provide shoes for wrestlers.
  + The school will provide uniforms to the students.
  + The school will provide protective headgear to each wrestler. However, wrestlers are allowed to purchase and use their own personal headgear.
  + If a wrestler has braces, they ***MUST*** have a mouthguard. They will not be allowed to wrestle without one, no exceptions!
* **Expectations**
  + Wrestlers are expected to run/stay in shape over breaks.
  + Wrestlers are expected to attend all practices that they are capable of. Exceptions are made for emergencies, prior commitments, injuries, special circumstances, and school events.
  + While at practice, wrestlers are expected to pay attention to instructions and stay on task. Wrestlers who cause distractions to others, regularly disrupt practice, or are regularly off task will be removed from the wrestling team.
  + Wrestlers are expected to maintain academic eligibility to participate.
* **Coach Information**

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| Coach Wayne Andrews Email: [wayne.andrews@kellerisd.net](mailto:wayne.andrews@kellerisd.net)  Phone: (817)744-3331 | Coach Amy Barto Email: [amy.barto@kellerisd.net](mailto:amy.barto@kellerisd.net)  Phone: 817-744-3253 |

* Meet Information
  + Locations are still TBD. Once venues are finalized, information will be shared.
  + Dates:
    - 4/23- Keller vs. Timber Creek
    - 4/30- Keller vs. Keller Central
    - 5/21- Keller vs. Fossil Ridge

