

# **WILLIAMSTON Middle School** **WRESTLING 2017-2018**

**Learn a new sport**

**Make new friends**

**Stay active**



There is a long wrestling tradition here in our community. Williamston Middle School wrestling has been a cornerstone of our success.

The Williamston Middle School Team will begin practice for the upcoming season **beginning Tuesday, January 9<sup>th</sup> from 3:15 to 5:00 PM** in the Middle School Cafeteria and continues through the winter.

Wrestling is a great sport for youth as it builds self-confidence, a strong work ethic, and discipline. Wrestling is a complimentary sport for athletes involved in football, soccer, cross country among others, and encourages a healthy lifestyle.

**Who Can Wrestle? :** All ages and ability levels are welcome to join; wrestling is open to grades 6<sup>th</sup> – 8<sup>th</sup>. MHSAA rules were changed and 6<sup>th</sup> graders CAN participate fully in the middle school season!

Practices will be run by Head Coach Chris Armour, along with other assistants.

Wrestling instruction is provided in a safe and fun format!

Practice is most days after school with competitions on mostly Tuesdays with Tournaments on some Fridays/Saturdays. Calendar will be provided once practices begin.

## **What to bring**

- Each member should wear shirt and shorts.
- Wrestling shoes are highly encouraged, but not necessary to start practices.
- A water bottle would be a good idea, water fountains are nearby.

For any further information, please contact Chris Armour at 517.655.2142 x 7280 or by email: [armourc@gowcs.net](mailto:armourc@gowcs.net) Please visit [www.WilliamstonWrestling.com](http://www.WilliamstonWrestling.com)

***prACTice Like a Champion!***