

## **Middle School Wrestling**

Thank you for participating in our middle school wrestling program! We are so excited that we are able to offer middle school wrestling. Our middle school program runs Tuesday- Friday. [The CR Anderson Sports Program is to provide equal and safe opportunities for all students to participate. Our focus is to foster competition, sportsmanship, teamwork, and individual improvement.](#)

Our wrestling program dates will be from **October 14<sup>th</sup> through November 19<sup>th</sup>**.

Practices: Our wrestlers will practice at Capital High School. They will take a bus from CRA to CHS. We will announce the bus number that they will be taking. The students must be on their best behavior when they take the bus and as they are at Capital High School. The coaches will be at CHS to greet them and get them situated for practice. The practices will run until 5:00 and the parents are to pick them up at Capital High School. Please be there promptly at 5:00. We are so fortunate to have two very skilled technicians who are willing to coach before the high school season begins.

Equipment: Students need to come to practice, ready to wrestle. They need to have comfortable shorts or sweats (no jeans), wrestling or tennis shoes, a water bottle, and a positive attitude. If your child has braces, it is encouraged that they have a mouth guard. We will provide them with singlets for the matches. If they do not have shoes, please reach out to me and we can figure something out.

Meets: We will have three meets. They will take place at Helena Middle School in their gym. They are currently scheduled for November 12<sup>th</sup> and 19<sup>th</sup>. The students will be bussed over from CRA to the meet. They will not be transported back to CRA, so please be there to pick your child up at HMS. The matches will begin at 4:00. We have not finalized dates yet, so I will share that information next week.

Coaches and Contact Information: Our coaches are Kyle Nay and Noah Kovich. If you have any questions or need anything, please contact Kelly Sheridan at CRA Middle School. My contact information is 406-324-2810 or 406-431-7298. You can also email me at [ksheridan@helenaschools.org](mailto:ksheridan@helenaschools.org).

Thanks again and have a great season!