



Wrestling Schedule 2016-2017

Wednesday Nov. 9th BYE

Wednesday Nov. 16th@ Spanish Fork Jr.@3:30

Wednesday Nov. 30th Mt. Nebo @3:30

Wednesday Dec. 7th @ Payson @3:30

Wednesday Dec. 14th Mapleton@3:30

Wednesday Dec. 21st @ Diamond Fork @3:30

Wednesday Jan. 4th Springville @3:30

The Nebo Jr. High Championship is on Friday, January 6th at Mt. Nebo Junior High. Start time is 9:00 am. We will weigh in on Jan. 5th. All matches unless otherwise noted will start at 3:30, weigh ins for duals will take place the day of the match.

- Thanksgiving Break is November 23rd-25th
- Christmas Break is December 23rd-January 2nd
 - Practice may be held over these breaks. It can be discussed with the team as they approach and get closer.

Coaches:

Head Coach..... Mike Cole

Assistant Coach..... Bronson Garcia

Athletic Director..... Suzette Hartvigsen

- Practices start at 3:00 pm. They will usually run 2 hours. Our aim will be to get them out by 5, but washing the mats may prolong the start of practice and may prolong the end. I will never hold your kid past 5:30.
- Buses have been scheduled and there will be transportation to and from the dual meets. Times leaving and arriving home will be released the week of travel.
- Head gear and shoes are required.
- The weights go as follows:
77,84,90,95,100,105,110,115,120,125,130,136,142,150,160,175,190,285