

WILLIAMSTON MIDDLE SCHOOL WRESTLING

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 8th, 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 complementary 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 6th - 8th. MHSAA rules were changed and 6th 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/Thursdays 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 x7280 or by email: armourc@gowcs.net. Please visit www.WilliamstonWrestling.com

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