



ISLANDER MIDDLE SCHOOL 2022 WRESTLING FAQ

How do I become eligible to compete?

You need to participate in a minimum of 8 practices to be eligible to compete in a Wrestling Meet. There will be 15 practices before the first meet. Please plan on attending as many practices as possible. It is important that we are fully prepared to compete.

When and where are the practices?

The first practice of the season is Monday, October 24, 2022. Practice begins after school in the small gym. Please be in the gym, in appropriate wrestling gear, shoes laced, water bottle full. Practice runs from 3:00—4:30 pm on Mondays, Tuesdays, Thursdays and Fridays. Practice runs from 1:30—3:00 pm on Early Release Wednesdays.

What if I have to miss a practice?

Just email one of the Coach Ryan if you will be out of town or are too sick to practice. Contact info is listed below. As a general rule of thumb, if you're healthy enough to come to school, you're healthy enough to train too.

How do I get home after practice?

If you do not have a parent picking you up, or you live too far away to walk, you can take the IMS Activity Bus. It picks up athletes in the IMS bus loop at 4:15 pm on Monday, Tuesday and Thursday. Wednesday Activity Bus is at 3:00 pm. There is no Activity Bus on Friday.

How can my parents help out?

We often need extra help at our home meets with setup, athlete monitoring, teardown, etc. If your parent can help out, please have them email Coach Ryan. Here are the home dates:

- November 15 vs Twin Falls MS
- November 22 vs Tolt MS
- November 29 vs Chief Kanim MS
- December 15 Triangle League Finals

Who are the Wrestling Coaches?

IMS Head Coach Ryan Hoisington → ryanhois@gmail.com

Other questions or concerns?

IMS Athletic Director Stephen Rennie → stephen.rennie@mercerislandschools.org