

OLA WRESTLING 2020-2021

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 Coach Meadows

**Remind
Code:**



Omsw Wrestling 20-21
@omsw20

WE ARE EXCITED THAT YOUR STUDENT IS INTERESTED IN JOINING THE OLA MIDDLE SCHOOL WRESTLING TEAM. WE HAVE A RECORD OF SUCCESS AND CANNOT WAIT FOR YOUR ATHLETE TO BE A PART OF OUR ACCOMPLISHMENTS.

TEAM EXPECTATIONS:

- ATTENDING PRACTICES UNLESS PARENT CONTACTS COACH WITH EXCUSS
- MAINTAINING PASSING GRADES IN ALL CLASSES
- KEEPING OUT OF ISS AND HAVE MINIMAL CITATIONS

THINGS THAT YOU NEED:

- CURRENT PHYSICAL SUBMITTED TO **DRAGON FLY MAX**
 -If you are having technical issues please reach out to Coach Barfield so that the documentation can be downloaded.
- 140.00 FEES – FOR THOSE THAT HAVE **NOT** ALREADY PAID THEIR ATHLETIC FEES and \$100.00 for those students that have already played a sport this year. (Football Players)
- MAT LEGAL WRESTLING SHOES
- HEAD GEAR
- SKULLCAP FOR THOSE WITH LONGER HAIR
- **MOUTH-GUARD** FOR THOSE WITH BRACES



SPIRIT PACK 2020-2021

This year's spirit pack is combined with the wrestling fees and includes...

- 1x COMPRESSION SHIRT
- 1x COMPRESSION SHORTS
- 1x GREY LONG-SLEEVED SHIRT

The Compression Shirt and Shorts are mat legal and can be worn instead of singlets.

Payments will be made to Myschoolbucks -

I agree to the Team Expectations and will ensure that my athlete meets these standards. Additionally if my daughter is wrestling I understand that wrestling is a full contact sport and accept that she will have to wrestle against male athletes.

ATHLETE'S NAME: _____

PARENT SIGNATURE: _____

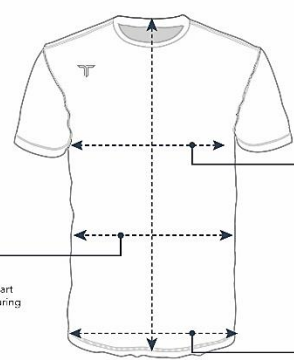
COMPRESSION SHIRT SIZE	
SHORTS SIZE	
LONG SLEEVE SIZE	
Myschoolbucks will send me an email once you have made your payments. If you would like additional long-sleeved shirt include the sizes and number below:	
LONG SLEEVE SIZE	

Wrestling Schedule

DATE	OPPONENT	LOCATION	TIME
Weds. 12/2	Woodland	Home	5:30
Fri. 12/4	Hampton/Eagles Landing	Home	5:30
Wed. 12/9	Dutchtown	Away	5:30
Fri. 12/11	Stockbridge/Union Grove/ Youth Middle	Home	5:30
Mon. 12/14	Luella	Home	5:30
Wed. 12/16	McDonough	Home	5:30
Fri. 1/8	Locust Grove/Austin Road	Home	5:30
Tues. 1/12	BYE	Home	5:30
Post-Season			
Sat. 1/16	County Duels @OMS		TBA
1/22-1/23	County Traditional Tournaments	TBA	TBA

Reference for Sizes:

SIZING
Short Sleeve Compression Shirt



Chest
Measure around the fullest part of your chest, keeping the measuring tape horizontal

Waist
Measure around the narrowest part of your waist, keeping the measuring tape horizontal

Length
Measure down the centre of the back, from the top edge of the garment to the hem

Hips
Measure the fullest part of hips, keeping the tape horizontal

TAKEDOWN
SPORTSWEAR

Size Chart

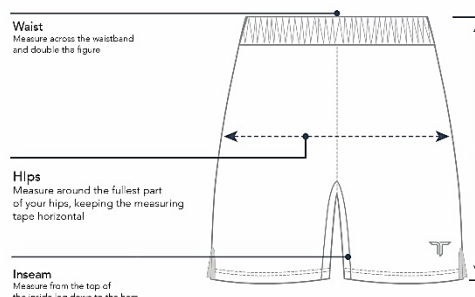
Size	Chest	Waist	Hips	Length
YXS	25.5 - 26	23.5 - 24	27 - 28	22
YS	26 - 27	24 - 25.5	28 - 29.5	23
YM	27 - 29.5	25.5 - 27	29.5 - 31.5	23.5
YL	29.5 - 32	27 - 28	31.5 - 33.5	24
AXS	32 - 35	28 - 29	33.5 - 35	25
AS	35 - 37.5	29 - 32	35 - 37.5	26
AM	37.5 - 41	32 - 35	37.5 - 41	26.5
AL	41 - 44	35 - 38	41 - 44	27.5
AXL	44 - 48.5	38 - 43	44 - 47	28
AZXL	48.5 - 53.5	43 - 47.5	47 - 50.5	29
A3XL	53.5 - 58	47.5 - 52.5	50.5 - 53.5	30

Please allow for a tolerance of + or - 1 inch

Short Sleeve Compression Shirt

92% Micro Poly / 8% Spandex Performance fabric
Durable, lightweight 4-way stretch technical fabric responds to your movements
Reinforced stitching for durability and performance
Moisture wicking
Compression fit
100% Made in the U.S.A.
**size up for more relaxed fit*

SIZING
Wrestling Short



Waist
Measure across the waistband and double the figure

Hips
Measure around the fullest part of your hips, keeping the measuring tape horizontal

Inseam
Measure from the top of the inside leg down to the hem

Outseam Length
Measure from the top edge of the waistband, down the outside seam to the hem

TAKEDOWN
SPORTSWEAR

Size Chart

Size	Waist	Hips	Inseam	Outseam Length	Approx. Weight
YXS	23.5 - 24	27 - 28	7	12.5	40 lbs -
YS	24 - 25.5	28 - 29.5	7.5	13.5	40 - 60 lbs
YM	25.5 - 27	29.5 - 31.5	8	14	60 - 75 lbs
YL	27 - 28.5	31.5 - 33.5	8.5	14.5	75 - 90 lbs
AXS	28.5 - 29.5	33.5 - 35	9	15.5	90 - 110 lbs
AS	29.5 - 32	35 - 37.5	9.5	16	110 - 130 lbs
AM	32 - 35	37.5 - 41	9.75	16.5	130 - 155 lbs
AL	35 - 38	41 - 44	10	17	155 - 185 lbs
AXL	38 - 43	44 - 47	10.5	17.5	185 - 225 lbs
AZXL	43 - 47.5	47 - 50.5	11	18	225 - 275 lbs
A3XL	47.5 - 52.5	50.5 - 53.5	11.25	19	275 lbs +

Please allow for a tolerance of + or - 1 inch

Wrestling Short

92% Micro Poly / 8% Spandex Performance Mesh
Lightweight 4-way stretch technical fabric
Reinforced stitching for durability and performance
Drawstring waistband for secure fit
Vents at side seam for added mobility
Moisture wicking
Athletic fit
100% Made in the U.S.A.