

Tallmadge Middle School Practice Schedule

**Time: Monday thru Fridays 5:00 – 6:30 (Saturdays TBA)
First Practice November 13th**

Attire: Gym or work out clothing.

Purchase: You will only need to buy wrestling shoes

**Where: Tallmadge High School Wrestling Room
(Rear Door #25)**



The first practice begins on Friday, November 13th, at 5:00. Wrestlers will be practicing in the brand new high school wrestling room located in the rear of the building (Door #25). The middle school wrestling program will have full access to the state of the art, high school weight room and will be incorporating a weight lifting program into their practice schedule. We do not condone excessive weight loss in the Tallmadge Wrestling Program. Wrestlers will benefit from the coaching staff, which has collegiate and all American experience. Wrestling is a sport that not only develops athleticism, but is character builder that will be utilized throughout a wrestler's life. So if you are a football player looking for an off season training program, wrestling is the answer. Anyone looking for a challenge needs to get into the wrestling room, you won't regret it!



Get Into the Room, the Tallmadge Wrestling Room!"