

WRESTLE OFFS

A weight class challenge sheet will be posted every week in the coach's office. Any wrestler wanting to challenge the starter for a weight class has to post his name at the desired weight class by Saturday for the following weeks wrestle off. The wrestler must be within (3) pounds of the weight class he chooses to challenge, we will weigh in the day of wrestle offs.

IT IS THE STARTERS RESPONSIBILITY TO CHECK THE SHEET TO SEE IF THEY ARE BEING CHALLENGED!

Most wrestle offs will be held on Monday and Tuesdays of each week, but those days are not set in stone. Some circumstances prohibit us from having them on those days, so we will have them on the best available day that week assigned by Coach Stewart.

Any questions or concerns, feel free to contact Coach Stewart