



KENSTON MIDDLE SCHOOL 2020-2021 WRESTLING



Join the KMS Wrestling Google Classroom for information regarding the 2020/2021 wrestling season Class Code: [lgkqe14](#)

Join my KMS Wrestling 20-21 Remind group by Texting 81010 with the following message: [@ede33ha](#)



Kenston Middle School Wrestling Registration is Now Open!

- ★ Wrestling begins Monday, November 9th with preseason conditioning.
- ★ Meet Coaches Malloy and Burns in room 204 immediately after school!
- ★ Bring your workout gear that includes: shorts, sweats, running shoes, and wrestling shoes.

1. All participants must be registered online by a parent or guardian using the KMS online registration link. Please read and complete all forms necessary to participate. <https://athleticskms.kenstonlocal.org/>
2. Practice starts immediately after school each day and ends at 4:30. Coach Malloy will communicate weekly calendars for planning and carpool scheduling.

Conditioning Practices	Time	Location	Rides	Official Practice Begins	Time	Location
Monday, Nov. 9	2:30-4:00	KMS (Meet in Room 204)	4:15	Monday, Nov. 13	2:30-4:30	KHS Wrestling Room
Tuesday, Nov. 10	2:30-4:00	KMS	4:15	Tuesday, Nov. 14	2:30-4:30	KHS Wrestling Room
Wednesday, Nov 11	2:30-4:00	KMS	4:15	Wednesday, Nov. 15	2:30-4:30	KHS Wrestling Room
				Thursday, Nov. 16	2:30-4:30	KHS Wrestling Room
				Friday, Nov. 17	2:30-4:30	KHS Wrestling Room

***Preseason conditioning** workout gear should include shorts, sweats, running shoes, and wrestling shoes.

****Starting on November 13th**, all wrestlers will need wrestling shoes, headgear, and a mouthpiece for those that have braces (most cover both sets of braces top and bottom). All items can be purchased for reasonable prices at Dick's Sporting Goods or online.

Contact Coach for further information

Head Coach Brian Malloy: brian.malloy@kenstonapps.org