**WELCOME MESSAGE**

Please allow me to be the first to welcome you to our Wiregrass Ranch wrestling family. If you are returning, welcome back. If you are a new wrestler and family, thank you for joining our program.

For those just joining us, you are coming into our program at a very exciting time. We have the majority of our team returning back from last year. Most of our returning wrestlers have been working hard over the summer preparing for the upcoming season.

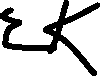
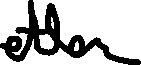
I have heard some people compare wrestling to being the Marine Corps of high school sports. As a prior Marine and wrestler, I can affirm that wrestling is an intense sport that will challenge and push our athletes farther than they ever thought they could go. They will learn self-discipline and will work harder than they have ever worked before. Our wrestlers will learn how to participate in a team environment as well as learn how to be accountable for their own actions.

Our journey this year will be challenging with long days coupled with long nights. We will have action packed weekends with long periods of waiting in between seconds of heart pounding adrenaline rushes. It will be the longest three and a half months that will fly by before you know it.

I encourage you to “enjoy the ride” and support your athlete(s). The time they get to participate in a sport will be over before you know it. Allow them the time and give them the opportunity to train and compete while you are there supporting them all along the way. Encourage them to NOT work during the season and allow them to solely focus on their academics and their athletics. Your athlete’s time in high school will come and go before you know it. I also encourage to get involved with our program as much as you can. We will need your help and support.

I promise you will have as much fun as they do. You will get to watch them grow in the sport, learn and develop throughout the season. At the conclusion of this wrestling season, we will all look back and say “What an amazing ride this year has been”.

On behalf of the administrative staff, the athletic director, and the wrestling coaching staff, welcome to the 2023-2024 Wiregrass Ranch Wrestling team.



J. EDWARD KETLER, Ed.D

Head Coach, Wrestling