

Wrestling is perhaps the purest form of athletic competition to exist in the realm of organized sports. There are no bats or balls, or pucks or sticks. No pads or helmets or jerseys. There's no time to rethink strategy, regroup, or even to catch your breath. There's only you, and your opponent of equal weight and size. Experience, preparation and the will to succeed will determine the victor.



Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina, speed as technique, strategy as intensity, and power as is coordination.



Interested in becoming a Sparkman Senator Wrestler?



For additional information Please
contact Coach Ronnie Watson

rwatson@mcssk12.org



Visit our web page at:

<http://www.sparkmanwrestling.com>

or

<https://www.facebook.com/#!/SparkmanHsWrestling>

SPARKMAN HIGH SCHOOL WRESTLING PROGRAM



WHO CAN PARTICIPATE?

Sparkman Wrestling is open to all students in grades 7 to 12 at Sparkman Middle School, Monrovia Middle School, Sparkman Ninth Grade School, and Sparkman High School. Students wishing to participate must complete and turn in to the coach:

- Physical
- Waiver
- Copy of Birth Certificate
- Concussion form
- AHSAA Student release form

High school wrestlers can compete at 14 different weight classes, ranging from 106 lb to the Heavyweight division of up to 285 lb. Middle school wrestlers can compete at 16 different weight classes, ranging from 75 lb to the Heavyweight division of up to 275 lb.

The uniform and basic equipment is provided for all wrestlers with the exception of shoes and a mouth guard.



WHEN IS WRESTLING?

The Wrestling Season customarily begins in late October and culminates in mid-February with the Alabama State Wrestling Tournament. Practices are held after school on the Sparkman 9th Grade School Campus. Competitions normally begin in mid-November with a majority of tournaments on Saturdays.



HOW CAN PARENTS HELP?

The Takedown Club is the official booster club for the Sparkman High School Wrestling Team. Its mission is to enhance the wrestlers' experience by helping to raise funds for the wrestling program, sponsor & organize events and assist with the needs of the wrestling program.



The Takedown Club meets the first Monday of each month to discuss upcoming activities, fundraising, and needs of the wrestling team. All parents are urged to attend, provide feedback, and vote on club activities.

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