

Planning and Logistics

Coach Ruth Wood

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Charlton Heston Academy St. Helen, Michigan

CHA PATRIOT WRESTLING

Respect All. Fear none.



THE ROAD
TO FORD FIELD
STARTS HERE

2024-25
SEASON

2024-2025 Wrestling Planning

Schedule MHSAA Season Starts

Practice Dual Individual Girls

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4: Alpha Opens	5: Varsity ONLY parent meeting	6	7: Program Parent Meeting	8:	9
Nov 3-9 Dead Week: Alpha, Nutrition Education, Conditioning.						
10 Week 1	11: Practice 1 Begins	12	13	14	15 CLOSED	16
17 Week 2	18: Youth Practice Begins	19	20	21	22	23
24 Week 3	25	26 ALPHAS	27 CLOSED	28 CLOSED	29 CLOSED	30

11 days practice

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week 4	2	3		5	6 Manton Girls Invitational	7 Manton Invitational
8 Week 5	9	10	11 Atlanta?	12	13	
15 Week 6	16	17	18 NSL @Mio Vs. Atlanta Vs. Mio	19	20 Wrestling Christmas Party	21
22 Week 7	23	24	25	26	27 TC West GIRLS Invitational	28 TC West Invitational

January: League Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Week 8	30	31	1	2	3	4
5 Week 9	6	7	8 NSL @WP Rog. City WP	9	10	11 Benzie Invitational
12 SSC Girls Invitational Week 10	13	14	15 NSL @ Rog. Cit Vs. Tawas Vs. Alcona	16	17 Mio Girls	18 Mio
19 Week 11	20	21	22 NSL @ Atlanta Oscoda Atlanta	23	24 NMC JV and Girls	25 NMC
26 Week 12	27	28 Parent Meeting	29 NSL HOME MEET?	30	31 NSL Round Robin Tawas	1 Team Bonding - Sledding?

16 days of practice 6 team events 6 individual events 5 girls events

February - March: Finals Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Week 13	3	4	5 Team Dist. Houghton Lake	6	7	8 Ind. Dist. Manton
9 Week 14	10	11	12 Team Reg	13 Team Reg	14 Ind. Reg	15 Ind. Reg.
16 Girls Regionals	17	18	19	20 Team States	21 Team States	22 Team States
23	24	25	26	27 Individual States	28 Individual States	1 Individual States
2 Individual States	3	4	5	6	7	8

Event Info

12-4	First Year Frenzy - HOME	
12-6 FRIDAY	<p>Manton All Girls 105 5th St, Manton, MI 49663 Directions</p> <p>Coach Chad Weston cweston@mantonschools.org AD: Scott Bender sbender@mantonschools.org (231) 824-6411 ext. 7</p>	<p>Manton Girls Invitational 12 team</p> <p>1:45 - Load Bus 3:00 - Arrival and Coaches meeting 4:00 - Start matches Estimated return +/- 9 pm</p> <p>Possible Coach Transport</p>
12-7 SATURDAY	<p>Manton Invitational 105 5th St, Manton, MI 49663 Directions</p> <p>Coach Chad Weston cweston@mantonschools.org AD: Scott Bender sbender@mantonschools.org (231) 824-6411 ext. 7</p>	<p>Manton Invitational 12 team</p> <p>6:15 - Coach at School 6:45 am - load bus 7:50 am - arrival, start warm up and drill 8:00 am - Coaches Meeting 9:00 am - Start matches</p> <p>Tina Ryan This is a VERY long event. Tell drivers we expect to be gone until late night. There is a hospitality room with breakfast, lunch, dinner, and snacks for bus drivers with TV (I'm sure some sort of game will be on). They are also free admission. Expected return +/- 11pm</p>
12-11 Wednesday	<p>Atlanta Dual 10500 County Road 489 Atlanta, MI 49709 Directions</p> <p>Coach Kevin Mouldenhauer (810) 895-1488 Ben Brinker (734) 223-5180</p>	<p>DUAL / possible TRI CHA at Atlanta 1:1 dual - possible TRI Onaway</p> <p>4:30 - leave CHA Expected return 8-9pm</p>
12-18 Wednesday	<p>Mio - NSL 1110 W 8th St</p>	<p>NSL NO COACH ON BUS</p>

	<p>Mio, MI 48647 Directions</p> <p>Coach Mike Smith (989) 313-1088 msmith@mio.k12.mi.us</p>	<p>Parent Chaperone on bus [Nordman]</p> <p>CHA V ATL CHA V Mio</p>
<p>12-27 FRIDAY</p>	<p>Traverse City West High School 5376 N Long Lake Rd, Traverse City, MI 49685 Directions</p> <p>Coach Adam Beers (231) 642-6409 adambeers@gmail.com</p>	<p>Girls and JV Invitational</p> <p>1:45 pm - load bus 3:00 pm - coaches meeting 4:00 pm - Start matches Expected return +/- 9 pm</p> <p>Possible Coach Transport</p>
<p>12-28 SATURDAY</p>	<p>Traverse City West High School 5376 N Long Lake Rd, Traverse City, MI 49685 Directions</p> <p>Coach Berard Priante bvpriante@yahoo.com 231-642-6889.</p>	<p>Holiday Invitational 12 Team Tournament</p> <p>6:00 am - Coach at School 6:30 am - breakfast bags for bus 6:40 am - load bus 7:50 am - arrival, start warm up and drill 8:00 am - Coaches Meeting 9:00 am - Start matches Expected return +/- 6 pm</p>
<p>1-08 Wednesday</p>	<p>Whittemore Prescott 8878 Prescott Rd Whittemore, MI 48770 Directions</p> <p>Coach Russ Wilson russellwilson625@yahoo.com</p>	<p>NSL - TRI</p> <p>4:15 - load bus CHA V RC CHA V WP Expected return +/- 9 pm</p>
<p>1-11 Saturday</p>	<p>Benzie Central High School 9300 Homestead Road Benzonia, MI 49616 Directions</p> <p>AD Eli Harris harrise@benzieschools.net (p) 231.882.4497 x2153</p>	<p>Benzie Invitational 12 Team Tournament</p> <p>5:30 - Coach at School 6:00 - Load bus 8:00 - Arrival and Coaches Meeting 9:00 - Start matches Expected return +/- 9pm</p>

1-12 Sunday	Standish Sterling High School Awaiting Information	ALL GIRLS HS and MS Invitational Time TBA Possible Coach Transport
1-15 Wednesday	Roger's City High School Address: 1033 W Huron City: Rogers City Zip Code: 49779 Phone: (989) 734-9170	NSL Load bus at 3:15 TRI CHA V Tawas CHA V Alcona Expected return +/- 10 pm
1-17 Friday	Mio - All Girls Invitational 1110 W 8th St Mio, MI 48647 Directions Coach Mike Smith msmith@mio.k12.mi.us	All Girls Invitational NO COACH ON BUS - need chaperone 4:15 - Load bus 5:00 - Coaches Meeting 6:00 - Start Time Expected return +/- 10 pm
1-18	Mio - Thunderbolt Invitational 1110 W 8th St Mio, MI 48647 Directions Coach Mike Smith msmith@mio.k12.mi.us	NO COACH ON BUS Parent Chaperone on bus [Nordman] 7:15 - Load Bus 8:00 - Arrival and coaches meeting 9:00 - Matches start Expected return +/- 7pm
1-22	Atlanta - NSL 10500 County Road 489 Atlanta, MI 49709 Directions Coach Kevin Mouldenhauer (810) 895-1488	NSL 3:45 - Load bus CHA V Oscoda CHA V Atlanta
1-24	Gaylord 90 Livingston Blvd, Gaylord, MI 49735 Directions Coach Jerry LaJoie lajoiej@gaylord.k12.mi.us AD Christian Wilson wilsonc@gaylord.k12.mi.us	Girls and JV Championships 7:45 am - Load Bus 8:45 am - arrival, start warm up and drill 9:00 am - Coaches Meeting 10:00 am - Start matches Estimated return +/- 8pm

1-25	<p>Gaylord 90 Livingston Blvd, Gaylord, MI 49735 Directions</p> <p>Coach Jerry LaJoie lajoiej@gaylord.k12.mi.us AD Christian Wilson wilsonc@gaylord.k12.mi.us</p>	<p>Northern Michigan Championships</p> <p>5:30 am - Coach at school 6:00 am - Load bus 7:00 am - arrival coaches meeting 9:00 am - Start matches</p> <p>Expected return +/- 8pm</p> <p>Tina Ryan This can turn into a very long event. If athletes perform well, we could be in Gaylord until 9 pm or later. Last year's Championship match for 157# weight class did not start until 9:30pm</p>
1-29	HOME DUAL - Family Night	
1-31	<p>Tawas- NSL Championship Round Robins</p>	<p>Leave School at 3:15 Coaches Meeting at 4:30 Matches start at 5:00</p> <p>Expected return +/- 10:00 pm</p>
2-06	<p>Houghton Lake Address: 4433 W Houghton Lake Drive City: Houghton Lake Zip Code: 48629 Phone: (989) 366-2000</p>	<p>TEAM DISTRICTS</p> <p>4:00 - Load Bus CHA V HL - ROS V WP W V W</p> <p>Expected return +/- 10 pm</p>
2-08	<p>Manton 105 5th St, Manton, MI 49663 Directions</p> <p>Coach Chad Weston cweston@mantonschools.org AD: Scott Bender sbender@mantonschools.org (231) 824-6411 ext. 7 Manton Invitational 12 team</p> <p>6:00 am - Coach at CHA 6:30 am - breakfast bags for bus</p>	<p>Individual Districts</p> <p>6:00 am - Coach at CHA 6:30 am - breakfast bags for bus 6:45 am - load bus 7:00 am - roll out 7:50 am - arrival, start warm up and drill 8:00 am - Coaches Meeting 9:00 am - Start matches</p> <p>Tina Ryan This is a VERY long event. Tell drivers we expect to be gone until late night. There is a hospitality room with breakfast, lunch, dinner, and snacks for bus drivers with TV (I'm sure some sort of game will be on). They are also free admission.</p>

	<p>6:45 am - load bus 7:00 am - roll out 7:50 am - arrival, start warm up and drill 8:00 am - Coaches Meeting 9:00 am - Start matches Tina Ryan This is a VERY long event. Tell drivers we expect to be gone until late night. There is a hospitality room with breakfast, lunch, dinner, and snacks for bus drivers with TV (I'm sure some sort of game will be on). They are also free admission. Expected return +/- 11pm</p>	<p>Expected return +/- 10pm</p>
2-12	<p>TBA location will be announced after districts. Prior years Benzie has hosted.</p>	<p>Team Regionals it's a long shot - but a shot to prepare for and cancel if needed.</p>
2-15	<p>TBA location will be announced after districts. Prior years Charlevoix has hosted. If this is the case, a hotel will be recommended due to arrival time, distance, and road conditions.</p>	<p>Individual Regionals I expect 4+ boys to advance to this level this season - we had 2 advancements last year.</p>
2-16	<p>TBA location will be announced after districts. Prior years Saginaw has hosted. Possible coach/parent transport based on number of girls participating.</p>	<p>Girls Regionals We will have 5 girls automatically qualify to participate in Regionals.</p>

North Star League

1. Alcona
2. Atlanta
3. Charlton Heston
4. Mio
5. Oscoda
6. Tawas
7. Roger's City
8. Whittemore Prescott

NSL Championship Venue Change - Tawas.

District Assignments

02-06 @ Houghton Lake - Team Wrestling District 204

Host: Houghton Lake

Location: [Houghton Lake High School \(Gym\)](#)

[Houghton Lake](#)

[Roscommon](#)

[St Helen Charlton Heston Academy](#)

[Whittemore-Prescott](#)

02-08 @ Manton - Individual Wrestling District 26

Host: Manton

Location: [Manton High School](#)

[Alcona](#)

[Atlanta](#)

[Benzie Central](#)

[Frankfort](#)

[Houghton Lake](#)

[Mancelona](#)

[Mancelona North Central Academy](#)

[Manton](#)

[Maple City Glen Lake](#)

[McBain](#)

[Mio](#)

[Oscoda](#)

[Roscommon](#)

[St Helen Charlton Heston Academy](#)

[Traverse City St Francis](#)

[Whittemore-Prescott](#)

New Plan for Y/MS/HS School Season

Youth Practice: Monday, Tuesday, Thursday - optional practice on Friday's based on Varsity Schedule. **Varsity Practice:** Monday-Friday from 4:30-6:30

Practice Groupings/Clusters

Youth: grades K-8

Youth Practice will be along with MS practice and will be split into 3 clusters or work groups:

Cluster 1: New Wrestlers 1-2 years experience

Cluster 2: Wrestlers with more than 2 years experience

Cluster 3: will be made up of middle school students

High School: grades 9-12

High School Practice will be clustered by size and experience.

Practice Outline

Youth MS

Youth and Middle School Wrestlers will practice on Monday, Tuesday, Thursday directly after school. All athletes should report to the cafeteria, get their after school snack, then report to the Elementary Gym.

Active Practice will run from 3:15-4:30 as follows:

3:15 - Warm ups

3:20 - Line Drills

3:30 - Skills Review

3:45 - New skills + chains

4:00 - Situational Sparring

4:15 - Wrap-up Games

4:25 - Clean the mats - check out with adult

All youth Wrestlers must have a parent's signed consent to attend practice. Parents must be present at the wrestling meeting for their student to attend. This is NOT an after school program choice. This is a competitive club and paid program due to club-based affiliations and parent payment. Youth Wrestlers must be checked out with the signature of designated guardian 16 +.

Varsity

Varsity Practice will be every day after school from 4:30-6:30 pm. Wrestlers may start checking in at 4:15 pm.

Varsity Wrestlers Must Declare an Extension between 3:15-4:30 from the following: [\[Youth Mentor\]](#) [\[Dual Sport\]](#) [\[Weight Room/Conditioning\]](#) [\[Tutoring/Academic Support\]](#)
In an effort to maintain eligible status for *all* competitors, if grades fall below a C average, wrestlers MUST go to Tutoring/AxS until grades are at the expected level before they have a choice of Extension activity. Extension logs will be checked by coaches daily at practice check-in.

Practice Requirements: Practice times have been moved to accommodate dual sport athletes. **All wrestlers are required and expected** to attend no less than 3 practices per week. Athletes MUST weigh in **at practice before an event** to compete. There will be NO same day weigh-ins unless special circumstances apply or the athlete has written permission with credible reason from both the head coach and the athletic director with a minimum of 24 hours notice. If you are too sick to come to school, you are too sick to wrestle. Coach will have forms that can be signed by the AD upon approval from the coach.

Practice Check-in/Check-out Procedures: Upon entering the gym, wrestlers must present their extension log and check in to practice. To check in, wrestlers will step on the scale, record their weight, and then begin stretching. At the end of practice, after mats are rolled and the gym is clean, wrestlers will step on the scale and record their weight.

* The step-on step-off procedure for check-in/check-out ensures proper health, nutrition, hydration, and healthy weight management practices for all athletes.

Active Practice will run from 4:30 - 6:30 as follows:

4:30 - Check in, Warm ups and Line Drills

4:50 - Center Mass - outline and discussion. Independent stretching based on individual need. **NO whole group stretching - this does not meet individual need and may cause undue harm for different body types.*

5:00 - Skills Review/Skill Drills

5:20 - New skills + chains

5:50 - Situational Sparring

6:10 - Wrap-up Game

6:20 - Cool off + flexibility training

6:30 - Roll mats, clean gym, check out.

Form Updates

[Physical](#)

[Wrestler Info and History](#)

[Emergency Action Plan](#)

[Code of Conduct](#)

[Team Sign Up](#) digital

[Parent Sign Up and Consent Form \(electronic\)](#)

[Parent Sign Up and Consent Print](#)

[Parent Orientation Information](#)

[Updated Practice Plan](#)

[NEW Leadership Application for Team Captain](#)

[NEW Enrichment Tracking](#)

[NEW Weight Logs](#)

[CDC Heads Up Fact Sheet](#)

[Athletic Eligibility](#)

<https://youtu.be/FM2DpfmrDNc?feature=shared>

[Open Mat Waiver](#)