



Lincoln Junior High School Wrestling 2024-25



Welcome to the LJHS Wrestling Team!

- **We welcome athletes of all experience and skill levels.** Wrestling is a no-cut sport; there are no tryouts. Many wrestlers come to us with no experience. We will teach you what you need to know to be safe and successful on the mat. Every athlete who attends practice and can safely wrestle will compete against other schools
- **Wrestlers only compete against opponents in their weight class.** The weight classes are 75, 80, 85, 90, 95, 100, 106, 112, 119, 126, 135, 145, 156, 168, 185, 215, and 285 pounds. We usually need more wrestlers under 112 pounds and over 168 pounds. We do not support any unhealthy weight loss to make or maintain a specific weight class.
- You only need shorts, a t-shirt, and socks for the first few practices. Wrestling shoes and a mouthguard for braces will need to be purchased prior to the first competition on October 24th. Sweats and MMA-style compression uniforms or singlets will be given out after the first week.
- We have newer mats thanks in part to a LJHS Home & School donation.

In order to participate, students need to register through [SNAP! Manage](#) prior to the first day of practice on October 15th.

The system will ask for a current physical to be uploaded as well as parent contact information. Please go to the LJHS website, under “Activities & Athletics” then “Lancer Sports” for a link to SNAP!. Athletes are not allowed to practice without **all** SNAP! paperwork completed.

Conference Meet. Saturday. December 14th

It is the expectation that **everyone on the team** participates in the conference meet, which is held on Saturday, December 14th at Naperville Central High School. Plan to be there for about four hours, either AM or PM, depending on your level. **The conference meet is required**, it is the “final exam” of the wrestling season. All of our practice is leading up to this event. If a wrestler is absolutely unable to attend, a parent will need to notify the coaches of the conflict as far in advance as possible. Transportation to NCHS is not provided.

Questions? Contact [Coach Hunt](#) (room 11), [Coach Nudera](#) (NCHS), or [Coach Roucka](#) (PE)

Wrestling apparel: To order optional Lancer Wrestling gear, go to <https://lincoln-jr-high-sports.itemorder.com/shop/home/> The store is open 24/7 and orders typically arrive in about a week.

New this year: earlier season & Quad meets (four schools)

October / November 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Register and upload a physical on <u>SNAP!</u>	<u>Practice Days</u> <i>Student rides must arrive by 4:50 PM</i> <i>You only need a t-shirt, shorts, and socks</i>	15 Practice begins 3:00-4:45 Tile gym Rides must arrive by 4:50	16 Morning Practice 6:30-7:30 AM Tile gym	17 Morning Practice 6:30-7:30 AM Tile gym	18 Morning Practice 6:30-7:30 AM Downstairs wHallway
	21 Practice 3:00-4:30 Parent meeting	22 Morning Practice 6:30-7:30 AM Tile gym	23 Practice 3:00-4:45	24 First Meet! At Hill Middle School (D204)	25 Morning Practice 6:30-7:30 AM Downstairs
Parent Meeting 10/21 4:30-5:00 in the tile gym (enter the doors by the office)	28 Meet Day! Home vs. Fischer Middle School (D204)	29 Practice 3:00-4:45	30 Meet Day! At Crone Middle School (D204)	31 Practice 3:00-4:45	November 1 Morning Practice 6:30-7:30 AM Downstairs
November					
	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Practice</u> All wrestlers must have a ride <u>no later than 4:50 PM</u>	4 Practice 3:00-4:45	5 Practice 3:00-4:45	6 Quad Meet At Still MS (D204) w/ Madison & Fischer	7 Practice 3:00-4:45	8 Morning Practice 6:30-7:30 AM
Meets vs. D203 schools should begin around 4:00. Home meets vs. D204 schools could begin as late as 4:30. Away meets vs. D204 schools should start around 4:00. Quad meets will last longer	11 Practice 3:00-4:45	12 Meet Day! Home vs. Gregory MS (D204) Team Photo 3:30	13 Practice 3:00-4:45	14 Practice 3:00-4:45	15 Morning Practice 6:30-7:30 AM Downstairs
	18 Practice 3:00-4:45	19 Quad Meet At Scullen MS (D204) w/ Granger & Fischer	20 Practice 3:00-4:45	21 Practice 3:00-4:45	22 Morning Practice 6:30-7:30 AM Downstairs
	25 Practice 3:00-4:45	26 Morning Practice 6:30-7:30 AM Downstairs	27-28-29 No School Thanksgiving Do some <u>extra workouts</u>		

December

	Monday	Tuesday	Wednesday	Thursday	Friday
Practice All wrestlers must have a ride <u>no later than 4:50 PM.</u>	2 Practice 3:00-4:45	3 <u>Meet Day!</u> At Washington Junior High (D203)	4 Practice 3:00-4:45	5 <u>Meet Day!</u> Home vs. Kennedy Junior High (D203)	6 Morning Practice 6:30-7:30 AM Downstairs
All home meets & all meets vs. D203 schools should begin around 4:00.	9 Practice 3:00-4:45	10 <u>Meet Day!</u> Home vs. Jefferson JH (D203)	11 Practice 3:00-4:45	12 Practice 3:00-4:45	13 **No practice** Weigh in Room 11 7:30-7:50 am

SATURDAY, December 14TH - Wrestling Conference Meet at Naperville Central High School

A meet will be 8:30am ~ 11:30am

AA meet will be 12:00pm ~ 3:30pm

Weigh-ins will begin approximately one hour prior to the start time (tbd).

Final details are pending and will be shared in late November or early December
This is a required meet - what we've been practicing for all season!