



1st Practice

Monday October 17th

If playing football athlete is excused until they are finished with football.

Items needed for 1st practice: work out shorts and t-shirt, wrestling shoes, head gear (optional), mouth piece (required for braces, optional if no braces), equipment bag (optional).

All items can be purchased at:

Triple C Sports

35055 Hwy 16 Ste 1H

Located in the Oak Point Strip Mall in Watson

1st Middle School Tournament

TBA

Items required for 1st tournament: wrestling shoes, head gear, mouth piece (required for braces, optional if no braces), equipment bag (optional).

All can be purchased at:

Triple C Sports

35055 Hwy 16 Ste 1H

Located in the Oak Point Strip Mall in Watson

LOWC will provide the uniform.