

# 2024 MMS Wrestling Parent/Guardian Meeting

## **Parents need to know:**

**Our primary Goal for all our Wrestlers is to score points and have fun while building knowledge, skills, and learning lessons that will benefit them for their entire life!!!**

**Parents/Guardians cheer and support their wrestler, the Team, and the Coaches.**

**Coaches coach the wrestlers and talk with the referees, as required or as appropriate.**

**Referees call the competition.**

**Wrestlers work hard, score points, and have fun!!**

## **Things to be aware of:**

**Hygiene:** Please help everyone by making sure your wrestler is showering after practice EVERY DAY!!! The use of an anti-fungal shampoo (Head & Shoulders) and Body Wash (Irish Spring) helps to mitigate any skin infection that can pop up due to not maintain good hygiene practices. Part of this is also making sure your wrestler shows up to practice in CLEAN clothing (T-Shirt/Sweatshirt – Shorts/Sweat pants) every day. The clothing worn for practice should NOT be loose or baggy as that type of clothing can be dangerous to both the wrestler and their partner.

**Competition:** Competition at the MS level is a crossover between what you have known as part of Youth Wrestling and what is to come at the HS level. At MMS we DO NOT CUT WEIGHT!!! We encourage hard work and healthy eating habits so that our student athletes can participate as their best self! If your wrestler notices a difference on the scale, we want it to be because they are working hard and eating healthily!! That said, your wrestlers have all seen the weight classes on the board in our practice room for the end of season competition. We encourage them to select the weight class that they would like to compete in, and work toward that goal of making that weight class for that competition. Between now and then, the MS competitions allow the coaches to enter the wrestlers current weight and ability level. This allows for the best-case competition between wrestlers of similar weight and ability level to not have an excellent wrestler compete against a beginner of the same weight, as this doesn't do either wrestler any good.

Your MMS Wrestlers will be competing in the MS Team State Tournament again this year. This is a Team Dual tournament. It will be held at Verona HS in Verona, WI on Sunday March 3, 2024. This will require your wrestler to have a valid USA Wrestling Athlete Membership (link below), as this is a USA Wrestling sanctioned event. Please utilize the link below to purchase that USA Wrestling Athlete Membership for your wrestler. Be sure to state that your wrestler belongs to "Menomonie Wrestling" when creating the membership profile. Additionally, this tournament will require an overnight stay in Middelton, WI. We will have more information regarding the plan for the overnight stay following the HS Team Sectional Tournament held Tuesday February 13, 2024, in our MHS Home Gym (Mark your Calendar)!! As info, in the past we have asked that the wrestlers travel and stay with their parents/guardians, and that their parents/guardians get them to the event.

Your MMS Wrestlers will be competing in the 2024 Northwest WI MS Wrestling Conference Tournament this year as well. This is an individual Tournament that we will be attending as a Team. It will be held at Eau Claire North HS on Friday March 8, 2024. There will be weight classes for this tournament as well, like the State Competitions. There is a Girls and Boys division for this tournament, with respective weight

classes for each, Girls, and Boys. Those weight classes are also posted on the board in our wrestling room!

The final opportunity for competition for our MS Wrestlers will be the 2024 WWF Kids State Qualifier and Championships. This is a great opportunity for your wrestlers to hit the mat! The Qualifier will be held Saturday March 16, 2024, at River Falls HS. You will need to enter your wrestler for this competition on Track Wrestling (link below), as we do NOT travel to this competition as a team. That said, our Coaches will be attending (as available) to be mat side to Coach our MMS and Youth Wrestlers competing in the Tournament. If your wrestler qualifies for State, they can make the trip to Madison, WI to compete in the 2024 Kids Youth State Tournament!! Another awesome experience for our young wrestlers!!

**\*\*NO JEWELRY OF ANY KIND IS ALLOWED IN PRACTICE OR COMPETITION\*\***

**Gear:** The MWC along with MMS provides competition uniforms (Singlet and/or Fight Shirt and Short) to your wrestlers to where when competing. The uniforms are property of MWC and MMS. It will be checked out to your wrestler and will NEED to be turned in by your wrestler at the end of their season. If the Uniforms checked out by your wrestler are NOT turned in, YOU WILL BE CHARGED. **Uniforms are only to be worn for competitions.** If found to be worn outside of competition the uniform will be collected from the individual. Note that we do have female cut singlets available for our female wrestlers. That said, if your wrestler would prefer to wear a shirt under the singlet, that is allowable. However, the Shirt worn under the singlet must fit snug (compression T-Shirt) and that shirt must be of 1 solid color (black is preferred) with NO writing or printing of any kind, other than our school logo. If your wrestler would like to wear a shirt under the singlet, they would need to supply their own.

**Wrestling shoes** are required to participate. It is up to the wrestler to have their own wrestling shoes, as shoes are not supplied by MWC or MMS.

**Head Gear** is required to participate in competitions. It is up to the wrestler to have their own headgear, as head gear are not supplied by MWC or MMS.

Other than that, we ask the wrestlers to where there Menomonie Mustangs gear (their personal clothing) to/from competitions, so everyone knows the Mustangs are “In da’ house!!”

Traveling for competition:

Your Wrestlers will be expected to travel with the Team. For all planned Team Events (other than MS Team State) the Wrestlers will ride the bus that will depart from MMS and return to MMS following the competition. You will have to physically sign your wrestler out with Coach Bautch if your wrestler plans to go home with you from competition. Wrestlers will only be able to be signed out by a Parent or Guardian unless previous arrangements have been made with MMS and Coach Bautch. A band message will be sent out appropriately 30 minutes before the bus gets back to MMS.

Volunteering:

As the MMS Wrestling Season starts later than our MHS and Youth, sometimes your MMS Parents/Guardians are a bit in the dark as to what we are doing as a program and what the program needs from Parents/Guardians in the way of volunteer help. Please know that we will be asking for participation from our MMS Parents/Guardians for your help as volunteers over the last weekend in January for our “Whitetail Weekend”. This weekend includes 3 different competitions from Varsity to Youth. We will need MMS Parents to sign up to volunteer at the Menomonie Whitetail Shootout (MHS Varsity Dual Invitational) on Friday January 26, as well as signing up to volunteer at the Menomonie Whitetail Youth Challenge held on Sunday January 28. We are asking for your assistance these days so that you are free to watch your wrestler and support our MMS Team from the stands as our MMS Wrestlers will be competing on Saturday January 27 in the Menomonie JV, Girls, & MS Boys & Girls Tournament. This on one of our 2

major fundraising weekends each year, and your participation is highly encouraged. Your involvement helps the MWC keep costs to a minimum for our kids to participate in the sport of Wrestling, in addition to providing opportunities for our wrestlers (Pre-K – 12) to be on the mat and together as a team! Sign up information will be circulated via the Band App (covered in the Info section of this document). There will be other opportunities to volunteer throughout the year. If you would like to become more involved with the MWC and the program overall, please contact Nick Howard (MWC Pres) or Nik Shepard (MWC VP).

**Information:**

**Band:** The Band App is where you will receive all MMS Info. We will do our best to be sure to add information to the School Announcements, but the Band App is what you need to stay in the know with all things Wrestling! Please utilize the QR Code on the next sheet to download the Band App for Menomonie Wrestling TODAY.

**Calendar:** The MMS Wrestling Calendar is attached to this document. It outlines all planned practices and competitions. Please note that the events and practices listed within the calendar are subject to change. Any changes to the calendar will be communicated via the Band App!

**Facebook:** Please follow the Menomonie Wrestling Club Facebook page as you are able. There is always new information and updates for all levels of wrestling posted to the page.

**USA Wrestling:** USA Wrestling site link for Membership Registration

<https://www.usawmembership.com/>

**Track Wrestling:** Track Wrestling is the platform used by most all Youth, MS, and HS events. Track Wrestling link below.

<https://www.trackwrestling.com/>

**WI Wrestle:** Informational Site for competition information within WI.

<https://wiwrestle.com/>

**Coaches Info:**

Mike Bautch – MMS Head Coach - [michael\\_bautch@msd.k12.wi.us](mailto:michael_bautch@msd.k12.wi.us)

Brad Cain – MMS Asst. Coach - [cainb0948@gmail.com](mailto:cainb0948@gmail.com)

Nik Shepard – Volunteer Coach – [njshepard@hotmail.com](mailto:njshepard@hotmail.com) – 715-379-4686

Nick Howard - Volunteer Coach - [nihoward20@gmail.com](mailto:nihoward20@gmail.com) – 715-308-0887

Matt Pejisa - Volunteer Coach

Matt Benrud - Volunteer Coach



## Menomonie Wrestling

All Menomonie wrestling news and updates.

**Scan this QR code and join!**

# January 2024

Practice  
Important Dates

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30	31			

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	1	2	3
11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 31	Jan 1, 24	2	3	4	5	6
7	8 First Day of the 2024 MMS Season MMS Practice 3-5pm	9 MMS Practice 3-5pm	10 MMS Practice 3-5pm	11 MMS to be at MHS for Varsity Quad Dual	12	13
14	15 MMS Practice 3-5pm	16 MMS Practice 3-5pm	17 MMS Practice 3-5pm MMS Parent/Guardian Meeting - 5:10pm in MMS Commons	18 MMS @ River Falls w/Elsworth 4pm Start	19 MMS Practice 3-5pm	20
21	22 MMS @ St. Croix Falls - 4pm Start	23 MMS Practice 3-5pm	24 MMS Practice 3-5pm	25 MMS Practice 3-5pm	26 MHS Varsity Whitetail Shootout COME AND WATCH!!!!!!	27 Menomonie Whitetail Challenge HS JV, HS Girls, MS Boys/Girls @ MHS 7:30am
28	29 MMS Practice 3-5pm	30 MMS Practice 3-5pm	31 MMS Practice 3-5pm	Feb 1	2	3

# February 2024

February 2024							March 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3						1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29			24	25	26	27	28	29	30
							31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 28	29	30	31	Feb 1 MMS @ Northstar MS in Eau Claire 4:30pm Start	2 MMS Practice 3-5pm	3 MMS @ River Falls with New Richomand and Chippewa 10am
4	5 MMS Practice 3-5pm	6 MMS Practice 3-5pm	7 MMS Practice 3-5pm	8 MMS Practice 3-5pm	9	10
11	12 MMS Practice 3-5pm	13 WIAA TEAM SECTIONALS @ MHS BE AT MHS TO SUPPORT THE VARSITY	14 MMS Practice 3-5pm	15 MMS Practice 3-5pm	16 MMS Practice 3-5pm	17
18	19 MMS Practice 3-5pm	20 MMS Practice 3-5pm	21 MMS Practice 3-5pm	22 MMS Practice 3-5pm WIAA HS Wrestling Individual State Tourney	23 MMS @ Chippewa Falls MS 4:30pm Start WIAA HS Wrestling Individual State	24 WIAA HS Wrestling Individual State Tourney
25	26 MMS Practice 3-5pm	27 MMS @ South MS in Eau Claire 4:30pm Start	28 MMS Practice 3-5pm	29 MMS Practice 3-5pm	Mar 1	2

# March 2024

March 2024							April 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 25	26	27	28	29	Mar 1 MMS Practice TBD - NO PRACTICE if MHS WIAA HS Wrestling Team State	2 WIAA HS Wrestling Team State
3 MMS @ MS TEAM STATE Verona HS in Verona, WI 9am	4 MMS Practice 3-5pm	5 MMS Practice 3-5pm	6 MMS Practice 3-5pm	7 MMS Practice 3-5pm	8 MMS @ North HS in Eau Claire for the 2024 MS Conference Tourney 4:30pm	9
10	11 MMS Practice 3-5pm	12 MMS Practice 3-5pm	13 MMS Practice 3-5pm	14 MMS Practice 3-5pm	15 2024 Youth State Qualifier Weigh-Ins @ MMS - 5pm MMS Practice 3-5pm	16 2024 WWF Youth State Qualifier @ River Falls HS - River Falls, WI
17	18 MMS Practice 3-5pm	19 MMS Practice 3-5pm	20 MMS Practice 3-5pm	21 MMS Practice 3-5pm	22 2024 Youth State - Madison, WI Held at the Allient Energy Center	23 2024 Youth State - Madison, WI Held at the Allient Energy Center
24 2024 Youth State - Madison, WI Held at the Allient Energy Center	25 MMS End of Season Equipment Turn In - 3pm - 4pm	26	27	28	29	30
31	Apr 1	2	3	4	5	6