

CPMS Wrestling

Pre-Season Practice Schedule:

Time: Tues/Thurs 5:00-7:00
Sundays 11:00-12:30

Location: CPMS Gym

October 23rd, 25th, 27th, 30th

**November 1st, 3rd, 6th, 8th, 10th,
13th, 15th, 17th, 20th, 22nd, 27th,
29th**

**December 1st, 4th, 6th, 8th, 11th,
13th, 15th, 18th, 20th, 22nd, 29th**

We will lift weights first 30 minutes of practice!

Middle School Wrestling Weights:

70	113	160
75	120	170
80	126	182
85	132	195
90	138	220
95	145	240
100	152	HWT
106		

**Wrestling season officially begins on
January 3rd and practice will be everyday
from 5:00-7:00 p.m. at CPMS.**

**Wrestling is open to any boys or girls in
grades 6-8th**

Contact Information:

Head Coach: Justin Cooper

Phone: (317) 755-9500

Email: jcooper@cpcsc.k12.in.us

**Text @hdeh27 to 81010 to receive important CPMS Wrestling updates through the
Remind app!**

You can purchase wrestling apparel @ zqtze.itemorder.com