



2023 SMMS Eagles Wrestling Schedule

NOVEMBER

Friday	11/3	Varsity HCAC Invitational @ Ooltewah
Saturday	11/4	JV HCAC Invitational @ Ooltewah
Thursday	11/9	Sale Creek @ Signal Mtn.
Friday	11/17	Hixson @ Signal Mtn.
Tuesday	11/21	Loftis @ Loftis
Tuesday	11/28	East Hamilton @ Signal Mtn. (<i>8th grade recognition night</i>)
Thursday	11/30	Red Bank @ Red Bank

DECEMBER

Tuesday	12/5	East Ridge/Dalewood @ East Ridge
Thursday	12/7	Soddy Daisy @ Signal Mtn.
Thursday	12/14	HCAC Duals Championship @ Signal Mtn.
Thursday	12/21	Varsity HCAC Championships @ Soddy Daisy
Friday	12/22	JV HCAC Championships @ Soddy Daisy

ITEMS OF NOTE

- First practice is Tuesday, October 17th. All practices will be Monday-Friday from 3:00 – 4:30 pm.
- All wrestlers are expected to be at every practice and match.
- Weigh-ins are at 5:00 pm (unless otherwise noted) with matches beginning at 6:00 pm.
- **ANY** skin condition requires an official doctor's note – see coach for form
- You must be at school for at least **HALF THE DAY** to be eligible to wrestle that evening.
- Grades/Conduct are checked regularly through teachers. Participation can be affected by bad reports. Absences can also result in reduced mat time at Coaches' discretion.