

2019-2020 Bowling Green 7th & 8th Grade Wrestling

First official practice is Nov 15th from 3:00 p.m. - 5:00 p.m. in the middle school wrestling room. Practices are Monday through Friday.

Open mat/preseason workout schedule: These are not mandatory but are an opportunity to stay in shape after a fall sport or to get a jump on conditioning before the season starts. They will take place in the wrestling building out by the football field 3:00- 5:00 p.m.

Dates: Oct 29th and 31st, Nov 4th, 6th, 7th, 12th and 13th

Important Forms: We are very excited to announce that the BGMS Athletic Department has partnered with FinalForms, an online forms and data management service. FinalForms allows you to electronically complete and sign athletic participation forms for your students. If you already completed the forms for a fall sport, you do not need to complete new forms. If you have not yet completed forms through FinalForms for your child, please do so as soon as possible. For your information, FinalForms is also used at BG high school, and will help streamline the process for our 8th graders as they transition to the high school.

Click on the Parent Playbook (attached) to get started in FinalForms. If you require any support during the process, scroll to the page bottom and click "Use Support".

All parents of athletes are required to use FinalForms. Please register at <https://bowlinggreen-oh.finalforms.com> now and electronically complete ALL forms. *****You will have to create a new account with Bowling Green, even if you already have one with St. Al's.*****

Note: In order to participate, athletes must also have a current physical form (good for one year). Physical forms can be turned in directly to the coach on the day of tryouts. If you need a physical form, one can be printed from the FinalForms website or picked up at the BGMS main office. Again, all other documents must be completed through the FinalForms website.

We use the Remind App to communicate. Please download it if you do not already have it and use the Class code: @f3846e

I will let you know when the parent meeting is going to be scheduled once Mr. Dewitt gives me the date he would like to do that. Until then, if you have any questions, feel free to contact me with any questions or concerns.

Rob Rath

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