

December 2023

Citrus Fundraiser

We collected all Citrus orders on November 30th and expect to receive the shipment of fruit on December 12th. We plan to distribute all the fruit before Christmas break. Exact dates and information will be released as soon as it is available. Coaches will help coordinate, but each wrestler will be responsible for delivering fruit to the fruit they sold.



When you turn an opponent, you need to convince them to keep both shoulders on the mat simultaneously for one full second to win by pin fall. If they will not comply when you ask nicely, lifting their head AND keeping your head up at the same time will force them to do as you wish.

Wrestling Website

NorthSalemHighSchoolWrestling.weebly.com



Coast Classic

We will meet at North Salem HS in the morning on Friday, December 8th and depart for North Bend HS. We will stay the night in Coos Bay and return late on Saturday, December 9th. We will be able to take one boy wrestler for each varsity weight class and one girl for each varsity weight class. Detailed itinerary will be available the week of the tournament.

Subscribe to our Youtube channel and gain access to our technique library!

We have a wrestling Youtube channel where you can find videos of our favorite wrestling techniques for students to study. Make sure to like and subscribe! Youtube search "Andrew Pickett" to locate videos or type in these links below:

Welcome to North Salem https://youtu.be/4WTsuBdF_SI
 Stand-up https://youtu.be/EX_aw5YBdlk
 Building Base <https://youtu.be/dXRroxrJVnk>

GIRLS TOURNAMENTS

All girls will have the opportunity to compete in most competitions. The Coast Classic and Pac-Coast Championships will only be one varsity girl per weight class. If we cannot fill out full line-up for the Northwest Duals, then we will take multiple girls. On February 9th / 10th, there will be an OSAA state qualifying tournament where we can enter two girls per weight class. The competition weight classes for girls are the same as last year:

100-105-110-115-120-125-130-135-140-145-155-170-190-235



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Boys Dual Tournament @ McNary HS Girls Practice 4pm-6:30pm	2
3	4 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	5 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	6 Hall of Fame Dual vs Harrisburg Weigh-ins 5:30pm JV 6:30pm Varsity 7:30pm	7 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	8 Coast Classic @ North Bend HS Times TBA	9 Coast Classic @ North Bend HS Times TBA
10	11 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	12 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	13 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	14 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	15 NO SCHOOL Official Practice 4:00pm-6:30pm	16
17	18 NO SCHOOL Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	19 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	20 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	21 Pac-Coast Championships @ Clark County Events Center Times TBA No mat club practice	22 Pac-Coast Championships @ Clark County Events Center Times TBA	23
24 	25 NO SCHOOL NO PRACTICE	26 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	27 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	28 Northwest Duals @ Linn County Fairgrounds Times TBA No mat club practice	29 Northwest Duals @ Linn County Fairgrounds Times TBA	30

GRADE POLICY

YOU CANNOT COMPETE ON VARSITY IF YOU HAVE "F" GRADES CURRENTLY DISPLAYED. YOU MAY ALSO BE PUNISHED AFTER PRACTICE WITH CONDITIONING. STUDY TABLES WILL BE REQUIRED AFTER CHRISTMAS BREAK FOR ANY ATHLETES IN DANGER OF FAILING FIRST SEMESTER CLASSES. TALK TO A COACH IF YOU NEED HELP WITH GRADES BEFORE CHRISTMAS BREAK BEGINS. WE WILL WORK TOGETHER TO DEVELOP A PLAN TO GET CAUGHT UP AND STAY ON TOP OF YOUR CLASSWORK.

Student-athletes with any "F" grades will not be allowed to represent varsity.

Instagram Handle

@NS_wrestling



Twitter handle

@NSalemWrestling

