

February 2024

MatBoss is a program that will allow wrestlers, coaches, and parents to view video and statistics from wrestling matches. E-mail coach Pickett for access if you don't have it already.

<https://www.matboss.com/video/wrestler-login>

GIRLS REGIONAL TOURNAMENT We will take our best two girl wrestlers from each girls division weight class to compete at West Albany HS on February 9th and 10th. We will return home Friday night after conclusion of wrestling and will meet at North again Saturday morning. We will have to weigh-in each morning (+1 pound allowance on Saturday). The top three wrestlers will earn themselves a trip to the OSAA state wrestling tournament at the Portland Coliseum.

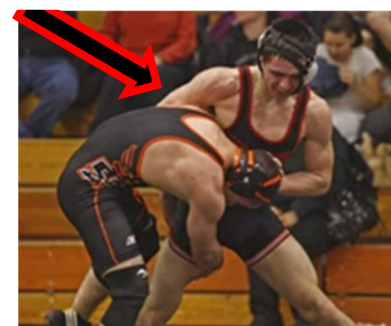
BOYS REGIONAL TOURNAMENT We will take our best two wrestlers from each weight class to compete at the Boys Regional tournament on Saturday February 17th. The top 3 wrestlers in each weight class will earn themselves a spot in the OSAA State Wrestling Tournament at the Portland Coliseum at the end of February. McNary will be hosting the Boys Regional Tournament.

Middle School Championships

Our high school team will be hosting the Salem-Keizer Middle School Wrestling Championships on Saturday, February 3rd. All wrestlers will be required to help set-up, run the tournament and break-down after completion. We will need to set-up at conclusion of the basketball game on Friday, February 2nd. When wrestlers arrive on Saturday morning at 6:15am, they will be assigned jobs to help run the middle school tournament. **ALL WRESTLERS SHOULD EXPECT TO BE AT NORTH ON SATURDAY THE 3rd FROM START TO FINISH (6:15am to about 5pm).**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dual @ West Salem HS Weigh-ins 5:00pm JV 6:00pm Varsity 7:00pm No Mat Club practice	2 No School Official Practice 4:00pm-5:30pm Set-up for MS tourney after conclusion of basketball game	3 Middle School Championships All wrestlers meet @ 6:15am @ North
4	5 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	6 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	7 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	8 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	9 Girls Regional Tournament @ West Albany HS Times TBA	10 Girls Regional Tournament @ West Albany HS Times TBA
11	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 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	16 Official Practice 4:00pm-6:30pm	17 Boys Regional Tournament @ McNary Times TBA
18	19 No School 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 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	22 Boys/Girls State Tournament @ Portland Coliseum No mat club practice	23 Boys/Girls State Tournament @ Portland Coliseum Times TBA	24 Boys/Girls State Tournament @ Portland Coliseum Times TBA
25	26	27	<p>Subscribe to our Youtube channel for access to funk technique! Youtube search "Andrew Pickett" to locate this funk video and much more: Funk defense https://youtu.be/DmMw1uxfrEk</p>			

To defend shots more effectively, use a combination of whizzer, hip-pressure and head-pressure like former Viking Justin Waldrop.



Raffle Fundraiser!!

We will be raffling off a TV at The Middle School Championships on Saturday, February 3rd, 2024. Wrestlers will sell raffle tickets throughout January and February for \$5 per ticket. Winner does not have to be present in order to win. There will be prizes for the wrestlers who sell the most tickets!

Contact Information

Coach Andy Pickett 503-981-4634
 Coach Ruben Carlos 503-990-9341
 Coach Garth Lund 971-600-7909

Instagram Handle

@NS_wrestling



Twitter handle

@NSalemWrestling



Wrestling Website

NorthSalemHighSchoolWrestling.weebly.com