

November wrestling calendar

Regular season workouts

All wrestlers must be signed up on FamilyID before they can participate on November 13th. No wrestler will be allowed to participate until registration is complete. Go to our North Salem HS website, our wrestling website or use this link below to register. Come to one of our pre-season meetings on November 8th or 9th @ 3:25pm in room 133 for more details.

Here is link to register for winter sports

<https://students.arbitersports.com/organizations/north-salem-high-school>

When you are trying to convince an opponent to turn over onto their back, locking your hands to create a power-half is a great way to add extra leverage and seal the deal.



Study our online library and become a pinner!

We have a wrestling Youtube channel where you can find videos of our favorite high school techniques for students to study. Youtube search "Andrew Pickett" to locate videos or type in these links to study pinning combinations.

Breakdowns <https://youtu.be/5itweb7SQgI>


Pinning Combos <https://youtu.be/YatSMOGZAKw>

Arm-Bar series <https://youtu.be/N-Ay0e4z2io>

Bar-tilt Series <https://youtu.be/c7NpVFBzm6w>



NEW BOYS WEIGHT CLASSES: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pre-season workout 6:30pm-8:00pm	2 Pre-season workout 6:30pm-8:00pm	3	4
5	6 Pre-season workout 6:30pm-8:00pm	7 Pre-season workout 6:30pm-8:00pm	8 Pre-season workout 6:30pm-8:00pm	9 Pre-season workout 6:30pm-8:00pm	10 No School No Practice	11  God Bless our Veterans!
12	13 1 st Official Practice 4:00pm-6:30pm Mat Club workout 6:30pm-8:00pm	14 Official Practice 4:00pm-6:30pm Mat Club workout 6:30pm-8:00pm	15 Official Practice 4:00pm-6:30pm Mat Club workout 6:30pm-8:00pm	16 Official Practice 4:00pm-6:30pm WEIGHT ASSESSMENTS	17 Official Practice 4:00pm-6:30pm WEIGHT ASSESSMENTS	18
19	20 Official Practice 4:00pm-6:30pm Mat Club workout 6:30pm-8:00pm	21 Official Practice 4:00pm-6:30pm WEIGHT ASSESSMENTS after practice Mat Club workout 6:30pm-8:00pm	22 NO SCHOOL Official Practice 4:00pm-6:30pm WEIGHT ASSESSMENTS after practice Mat Club workout 6:30pm-8:00pm	23 NO SCHOOL  No Practice	24 NO SCHOOL Official Practice 4:00pm-6:30pm	25
26	27 Official Practice 4:00pm-6:30pm WRESTLE-OFFS Mat Club workout 6:30pm-8:00pm	28 Official Practice 4:00pm-6:30pm WRESTLE-OFFS Mat Club workout 6:30pm-8:00pm	29 Official Practice 4:00pm-6:30pm WRESTLE-OFFS Mat Club workout 6:30pm-8:00pm	30 Official Practice 4:00pm-6:30pm CITRUS ORDERS DUE Mat Club workout 6:30pm-8:00pm		

Citrus Fundraiser

Our first fundraiser this season is going to be a citrus fundraiser. We are selling boxes of Oranges and boxes Grapefruit. Each box (oranges or grapefruits) will cost \$30. Each wrestler will have an order sheet and collect orders before **November 30th**. Every wrestler is expected to sell at least two boxes of fruit. After submitting two sales, a wrestler will be given their team shirt. Try to sell as many boxes as possible; there will be gear prizes for selling more boxes.

Contact Information

Coach Andrew Pickett 503-881-4634
Coach Ruben Carlos 503-990-9341
Coach Garth Lund 971-600-7909



Instagram Handle
@NS_wrestling

Twitter handle

@NSalemWrestling



ACADEMIC REQUIREMENTS: Make sure to keep your grades up. If you have any "F" grades, you will still be allowed to compete, but you will not be allowed to represent varsity during competitions. Grade checks will be done during second week of the season. Speak with coach Pickett if you need help organizing your academic workload.