

# FOUNTAIN INN RECREATION JUNIOR FURY WRESTLING

We are excited about this year of wrestling with the Fountain Inn Recreation Department. This is to inform you of a few housekeeping details for the season, what to expect, and hopefully answer questions you might have. Please feel free to reach out to FIHS Athletic Director Robby Bell [RNELL@greenville.k12.sc.us](mailto:RNELL@greenville.k12.sc.us) or C:864-395-9558 O:864-452-1817, FI Rec Wrestling Coach Gary Morrison [garymorrison09@gmail.com](mailto:garymorrison09@gmail.com) P: 864-992-2462 Steve DeVenney [devenney1976@gmail.com](mailto:devenney1976@gmail.com) P: 573-268-9976, and Myles Prosser [myles.prosser@fountaininn.org](mailto:myles.prosser@fountaininn.org) P: 864-531-2512, Chris Moore [christopher.moore@fountaininn.org](mailto:christopher.moore@fountaininn.org) P: 864-531-2513, or Michael Williams [michael.williams@fountaininn.org](mailto:michael.williams@fountaininn.org) with any needs this season.

## Schedule:

**Practice FIHS Multipurpose Room Tues & Thurs following Nights**

**Tues Nov 11, Nov 18, Dec 2, Dec 9, Dec 16, Jan 6, Jan 13, Jan 20**

**\*Tues Nights are for returning 2+years**

**Thurs Nov 6, Nov 13, Nov 20, Dec 4, Dec 11, Jan 8, Jan 15**

**\*Thurs Nights are for all 1st-3rd grade 5:30-6:20pm and 4th-6th grade 6:30-7:20pm**

Match Nights FIHS Main Gym 6-8pm - Nov 25, Dec 18, & Jan 21\*Nov 25 Night before varsity Turkey Day Duals

\*\*Dec 18 alongside varsity wrestling match vs Hillcrest (home) \*\*\*Jan 21 alongside varsity wrestling match vs Southside (home)

## The Goal for the FI REC Wrestling Team is:

1. Athletes have fun this season with the goal of coming back out for wrestling next season.
2. Athletes will learn the correct technique that works on all levels.
3. Athletes will learn the importance of discipline, motivation, and the value of hard work throughout the season.
4. Athletes will have the opportunity to learn (technique, goal setting, and other important life lessons) from FI REC Wrestling Staff, FIHS Wrestling Coaches, and FIHS Wrestlers.

**Practice** - Your wrestler is encouraged to attend all of the practices and matches. Remember, this is not a requirement, but we hope you can join us each time. We will teach a lot of wrestling in blocks and build on those each week so we do not want you to miss those learning opportunities.

**Because of the great turnout and interest in wrestling, we have limited space in the wrestling room. We will ask that all parents hang out in the upper hallway of the gym at Fountain Inn High School while practice is going on. We will not have enough space for parents/siblings in the wrestling room along with all the kids and coaches. We also ask that you stay in that upper hallway and do not "explore" the school. Your cooperation is appreciated.**