



21-22 Henderson Middle School Wrestling

ICE CREAM SOCIAL- SEPTEMBER 23,2021

Conditioning will begin OCTOBER 5, 2021
(at the track behind JHS.)

Practice will begin OCTOBER 25, 2021
(at the franklin streetgym)

****A current physical MUST be on file before coming out for conditioning. Even if you are a part of another sport make sure your physical will cover you during the entirety of the season. PLEASE NOTE PHYSICALS ARE ONLY GOOD FOR 1 YEAR SO GET THEM CHECKED****

Better to be safe than sorry

Please contact the following with any questions:

Coach M: kevin.mcgonigle@bcssk12.org

Coach Elrod: elrodt@bcssk12.org

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