

FMHS MIDDLE SCHOOL

# WRESTLING

## *experience*

### SCHEDULE

March 24th - April 6th  
Monday - Thursday  
7:00 AM - 8:30 AM  
(No Practice Mon. 3/23)

### LOCATION

FMHS wrestling room (see map on website)

### ELIGIBILITY

All 7th and 8th grade students are eligible to participate. Regardless, even if you participated in athletics at your MS this year, you **MUST** bring in a completed, signed "Waiver of Liability" form (print the form when you sign up) before you will be allowed to participate.

### TRANSPORTATION

All transportation, both to FMHS and back to your Middle School is the sole responsibility of the athlete's parents. LISD is not responsible for transportation.

### EQUIPMENT REQUIRED

Athletes should report to practice dressed in pocketless workout gear (long sleeves and long bottoms are encouraged), and clean tennis shoes (high tops are encouraged, please no boots).

All participants are required to bring water daily as the mat room does not have a water fountain.

All 7th grade athletes are strongly encouraged to bring toiletries and to shower and change clothes at FMHS after practice; they will be given a locker for the 2 weeks.

### WRESTLING EXHIBITION

All participants will have the opportunity to participate in a live wrestling exhibition @FMHS on Monday, April 6th from 6:00 PM - 8:00 PM.

### COMMUNICATION

Please join our SportsYou Team using code:  
SR3DC3GQ

**FEAR NONE.  
STAY HUNGRY.  
PREPARE FOR THE HUNT.**

### QUESTIONS

FMHS Girls Wrestling Head Coach: Tiffany Mangini  
Email: manginit@lisd.net

LADY JAGS WRESTLING

# WHY TRY OUT Wrestling

**WRESTLING  
IS THE ONLY  
HIGH SCHOOL  
MARTIAL ART**

## 14 WEIGHT CLASSES OFFERED:

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

## LADY JAG QUICK STATS

12 Individual District Champs, 5 Individual  
Regional Champ, 9 Individual State Placers, 21  
State Qualifiers Since Our First Full Season 1  
7-18. 4 Individual All-Americans, 7 Members Of  
The Texas Women's National Team 8  
Collegiate Wrestlers, 1 Panamanian World  
Team Member. '26 Season Ended with Dual  
Record Of 23-2. Team finished as the State  
Runner-Ups with two Individual State  
Champions.

## HOW DOES WRESTLING HELP MY FUTURE?

Wrestling is the fastest growing women's  
collegiate sport!

With 100+ colleges now sponsoring a varsity  
program ...to include TWU in Denton as well as  
TWU in Fort Worth!

With such a variety in weight classes and  
schools, there are so many scholarship  
opportunities.

## WHAT CAN WRESTLING DO FOR ME?

Wrestling improves your balance, agility,  
quickness, competitiveness, muscular  
strength, muscular endurance, muscle  
tone, cardiorespiratory endurance, self-  
confidence discipline and self-esteem.

**IN SIMPLER TERMS, WRESTLING  
BUILDS MENTALLY AND PHYSICALLY  
TOUGH ATHLETES!**

## HOW DO I SIGN UP?

Scan the QR Code for the link to  
register or head over to our website  
for more information!

**THERE ARE NO  
"CUTS" ALL  
GET TO  
COMPETE!**



**YOUR HEIGHT, WEIGHT, SPEED AND  
GENDER DO NOT MATTER!**