

JMS Wrestling



About Us

We are excited to bring the world's oldest sport to Jefferson Middle School! This program is open to all JMS students. No experience is required. Whether you are big or small – there is a spot for you in wrestling! This program will be run by MIHS wrestling coaches and athletes. The MIHS wrestling team is one of the largest and most successful teams on campus. Head Coach Graham Smith is a 2x Cape Coast Conference Coach of the Year and has led his wrestlers to five District team championships with athletes winning numerous individual Conference, District, Regional, and State Titles.

Practice and Competition

Practices will be held in the JMS gym on Tuesdays and Thursdays from 4:30 PM to 6:00 PM starting on March 21st and continuing until May 11th. Saturday tournament participation is optional based on athlete experience.

Expectations

- Each wrestler should arrive with a positive attitude, ready to work hard, learn and have fun.
- Please wear a clean t-shirt and gym shorts to practice.
- Wrestling shoes are strongly recommended and can be purchased at most sporting goods stores or online.
- There is no fee to participate in this program.
- Please contact Coach Smith at smith.graham@brevardschools.org with any questions!
- Please sign-up using the QR code below:



**Whether your goal is to get stronger or win an Olympic gold someday,
wrestling can help you!**