

2019 Cascade Mountaineers Wrestling

Wrestling practice will start Monday, January 7 in the North Gym. Practice will be from 2:50 to 4:30 Mon, Tues, Thurs, Friday (no practice on Weds). Coaches are Steve Collins and Mark Quon. If you have any questions please call 541-355- 7048.

The following items must be completed in order to be eligible to practice.

- ❖ Register online through Family ID
- ❖ \$40 Athletic Pay-to-Play Fee
- ❖ Current Sports Physical

Cascade Wrestling Schedule

Thurs. Jan 24 @ Pacific Crest Middle School – 4pm

(Cascade, High Desert, North Lake)

Thurs. Jan 31 @ Cascade (Home Meet) – 4pm

(Elton Gregory, Culver)

Tues. Feb 5 @ LaPine Middle School – 4pm

(Cascade, North Lake, Sisters)

Fri/Sat. Feb 8/9 – CO Middle School Wrestling Classic @ LaPine High School

(All Central Oregon Middle Schools will attend)

Tues. Feb 12 @ Pilot Butte – 4pm

(Cascade, Crook County, 3 Rivers)

Thurs. Feb 21 @ Cascade (Home Meet) - 4pm

(Sky View, Pacific Crest)

Non- School Sponsored – attendance to following events is on an individual basis.

Sat. March 2 – State Qualifiers – Regionals @ Mountain View High School

Sat. March 9 – Middle School State Wrestling Championships @ Woodburn