



WHY FOOTBALL
PLAYERS SHOULD
WRESTLE



Hilliard Heritage Wrestling Information

Middle School Coaching Staff: Ben Brown (Head Coach), Billy Martin and Zayna Hampton.

Communication:

1. Add Remind App Scan the QR code
2. Email: Ben_Brown@hboe.org
3. Make sure you are signed up on Final Forms.



Sign-Up for
Heritage Wrestling
Remind Text

Current Off-Season Workouts :

1. Off-Season Lifting and Conditioning

- **Dates:** Now to the start of the season.
- **Location:** Hilliard Darby Weight Room
- **Days:** Monday, Tuesday & Thursday
- **Time:** 3pm-4:30pm
- Open to both Heritage and Darby, boys and girls, wrestlers. This is a great way to get ready for the season. We will modify the lifts for newcomers and younger middle schoolers.

2. Capitals Wrestling Club

- **Dates:** Now to October 23rd
- **Location:** Monday at Hilliard Bradley & Wednesday at Hilliard Darby
- **Time:** 6:00pm-7:30pm
- This is a great way to learn some wrestling technique and gets some live before the season starts.

Heritage Camps at Darby

1. Heritage Camp at Darby (Free)

1. **Dates:** November 6th & 7th
2. **Location:** Hilliard Darby Wrestling Room
3. **Time:** 3:00pm-5:00pm
4. Free to all Heritage Wrestlers (Boys & Girls)
 1. Please register to get a free team t-shirt and shorts.

2. Heritage Girls Camp at Darby (Free)

1. **Dates:** Friday, November 8th
2. **Location:** Hilliard Darby Wrestling Room
3. **Time:** 3:00pm-5:00pm
4. Free to all Heritage Girls Wrestlers. This is a great way to try out the sport.
 1. Please register.



Sign-Up for either
Heritage Wrestling
Camp

First Official Practice

1. 1st Official Practice at Hilliard Heritage
 1. Date: Monday, November 11th
 2. Location: Heritage Auxiliary Gym
 3. Time: 3:00pm-5:00pm
 4. You must be in Final Forms and have a current physical on file to participate in practice.

If you have any question please reach out to by email: ben_brown@hboe.org or through the remind text.