**GIRLS BASKETBALL:**

October 23rd-26th, practice will be from 3:30p-5:00p for all players. October 29th-December 14th, practices will be split into 8th grade AM practices and 7th grade PM practice. AM practice is from 7am-8:30am and PM practice is from 3:30p-5:00pm.  Uniforms will be provided for the season. Basketball shoes are highly recommended (Big 5 Basketball shoe coupons are available at the Discovery Business Office). Mouth guards are also recommended but not required. We sell them in the Business office for $1 or you can purchase elsewhere.

**WRESTLING:**

Starting on October 23rd, practice will be from 3:30p-5:30p. Practice is Monday – Friday but does start on a Tuesday that first week. The season ends on December 15th. Students that wear braces are required to wear a mouth guard. They are sold in the Business Office for $1 or you can provide your own. No jewelry can be worn at practice or competitions. Girls need to wear a compression fit sports bra with no metal pieces. Wrestling shoes are highly recommended (Big 5 wrestling shoe coupons are available at the Discovery Business Office). We do a few pair on hand to borrow but not enough for all players. All other gear (singlet, sweats, headgear) are provided for the season.