



# SUMMER 2026 WRESTLING

For Seven Lakes High School  
Student-Athletes at  
Tom Wilson Elementary School

## What is wrestling and is it the sport for you?

- Wrestling is full contact fun!
- Wrestling is a contact sport where one competitor attempts to physically control another competitor in order to score points and ultimately pin their shoulders to the wrestling mat.
- Wrestling is open to both boys and girls and they compete separately.
- All body types can be successful.
- Competition is divided up by weight class so your opponent is about the same size as you.

*No Experience necessary.*

### BE A PART OF THE SUCCESS!

6 TEAM DISTRICT CHAMPIONSHIPS  
1 TEAM REGIONAL CHAMPIONSHIP  
589 TEAM DUAL WINS  
OVER 11,800 INDIVIDUAL MATCH WINS  
67 INDIVIDUAL DISTRICT CHAMPIONS  
OVER 220 REGIONAL QUALIFIERS AND 17 CHAMPIONS  
83 STATE QUALIFIERS AND 27 STATE PLACERS INCLUDING  
4 STATE CHAMPIONS



Check out our **Team Webpage** located at  
[www.sevenlakesabc.com](http://www.sevenlakesabc.com)  
- wrestling

**Come join our Open Mat Training in the summer open to any in coming 7<sup>th</sup> grader thru 12<sup>th</sup> grader with a current Katy ISD physical that are zoned to Seven Lakes High School.**

- **Come for the whole time or come late or leave early if you need to.**
- **Open Mat this summer will be taking place at Tom Wilson Elementary School.**  
**Please enter through the gym doors**
- **Mondays and Thursdays 12:00-2:00pm June 1<sup>st</sup> thru July 16<sup>th</sup> (excluding June 29<sup>th</sup> and July 2<sup>nd</sup>)**

Contact Head Wrestling Coach, Mike Demarchi if you have any questions or if you would like information about other training opportunities **281-237-2864**

**[michaeldemarchi@katyisd.org](mailto:michaeldemarchi@katyisd.org)**