



2025 FMS Scotties



## Wrestling Schedule

| <u>Date</u>    | <u>Day</u>   | <u>Opponent</u>     | <u>Time</u> | <u>Place</u>             | <u>Rel.</u> | <u>Lv.</u> |
|----------------|--------------|---------------------|-------------|--------------------------|-------------|------------|
| Oct. 29        | Wed.         | Takedown Jamboree   | 3:45        | WVHS                     | 2:25        | 2:35       |
| Nov. 3         | Mon.         | Westwood            | 3:45        | Westwood                 | 2:15        | 2:25       |
| Nov. 5         | Wed.         | East Valley         | 3:45        | East Valley              | 2:20        | 2:30       |
| <b>Nov. 12</b> | <b>Wed.</b>  | <b>Centennial</b>   | <b>3:45</b> | <b>Freeman</b>           |             |            |
| <b>Nov. 18</b> | <b>Tues.</b> | <b>Cheney</b>       | <b>3:45</b> | <b>Freeman</b>           |             |            |
| Nov. 20        | Thurs.       | Liberty Mix-n-Match | 4:00        | Liberty                  | 2:15        | 2:25       |
| Dec. 1         | Mon.         | Coaches Mtg.        | 5:30        | Westwood                 |             |            |
| Dec. 3         | Wed.         | ALL LEAGUE          | 3:30        | Westwood OR<br>Cheney HS | 2:10        | 2:20       |

### Notes:

\*Practice Starts: Thursday, October 17<sup>th</sup>

### \*Picture Day: Monday, October 27th

\*All wrestlers must have 7 practices to compete in the Take-Down Jamboree and 9 practices before they may compete in their first match.

\*All uniforms/gear will be collected at the end of the last match. Those who are traveling to an away match will need to bring a change of clothes.

Coaches

Braedon Orrino

[borrinno@freemansd.org](mailto:borrinno@freemansd.org)

## **Directions to Schools**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Centennial Middle School</b><br><b>915 N. Ella Rd. Spokane Valley, WA</b> <ul style="list-style-type: none"><li>• Start at school and go to WA-27. Turn left.</li><li>• Turn left onto E. Dishman-Mica Rd.</li><li>• Follow through to E. Broadway Ave.</li><li>• Turn left on Broadway to Ella.</li><li>• Turn right on Ella to Centennial MS.</li></ul>                                                                                                               | <b>East Valley Middle School</b><br><b>4920 N. Progress Rd. Spokane Valley, WA</b> <ul style="list-style-type: none"><li>• Start at the school and go to WA-27.</li><li>• Turn left and go to 32<sup>nd</sup> Ave.</li><li>• Turn right and go to Sullivan Rd.</li><li>• Turn left and follow Sullivan Rd. to Wellesley Ave.</li><li>• Turn left and go to Progress Rd.</li><li>• East Valley MS is on the right.</li></ul> |
| <b>Westwood Middle School</b><br><b>6120 S. Abbott Rd. Spokane, WA</b> <ul style="list-style-type: none"><li>• Start at the school and go to WA-27. Turn left.</li><li>• Drive to I-90.</li><li>• Merge onto I-90 West.</li><li>• Take Exit 276 toward Geiger Field/State Patrol.</li><li>• Keep left at the fork to go on S. Grove Rd.</li><li>• Turn left onto W. Hallett Rd.</li><li>• Take the first left onto S. Abbott Rd. and Westwood MS is on the left.</li></ul> | <b>Cheney Middle School</b><br><b>2716 N. 6<sup>th</sup> St. Cheney, WA</b> <ul style="list-style-type: none"><li>• Start at FMS and go to WA-27. Turn left.</li><li>• Drive to I-90.</li><li>• Merge onto I-90 Est.</li><li>• Take Exit 270, Cheney/Four Lakes.</li><li>• Stay straight on WA-904.</li><li>• Turn right on Betz Rd.</li><li>• Cheney MS is on the left.</li></ul>                                          |

### **Liberty Schools**

E 6404 Spangle-Waverly Road Spangle, WA 99031