



FOR IMMEDIATE RELEASE

April 12, 2022

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LONOKE ATHLETICS DEPARTMENT ADDS WRESTLING FALL 2022

Lonoke Athletics Director Chris Norton and the Lonoke School District Athletics Department announce the addition of 7th-12th grade wrestling teams during the Fall 2022 semester.

Male and female student athletes will begin competing in December and will conclude their first season with the AAA state wrestling tournament in February 2023 at the Jack Stephens Center on the University of Arkansas Little Rock campus.

“I’m a big advocate of high school wrestling because of the opportunities it creates. In any given dual or tournament, 24 different young people have an opportunity to compete against similar opponents,” said Coach Norton. “I think the sport really rewards those with a tremendous work ethic and mental toughness, as so much of success is tied to technique and conditioning.”

The program will work in conjunction with Lonoke Youth Wrestling, a community program which has helped develop a solid foundation of wrestling among Lonoke youth. LPSD 3rd grader Zuri Gooden was Lonoke Youth Wrestling’s first state champion, winning the 2022 Arkansas Youth Girls State Championship tournament.

High School Wrestling is divided into 14 weight classes for boys and 10 weight classes for girls - opening numerous opportunities for competition among our young people. Lonoke Boys Wrestling will be among approximately 60 Arkansas school programs of its kind. The Girls Wrestling program will join 40 other programs across the state.

The Lonoke Athletics Department includes 33 teams across 14 sports for grades 7th-12th. Coach Chris Norton joined Lonoke Athletics as Athletic Director in February 2022. For more information about the athletic programs, visit lonokejackrabbits.com.

Lonoke Public School District

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