

Dear Wrestler, Parent / Guardian,

October 2018

This year we are happy to announce that reminders will be sent to all by the remind app. We will share the code to receive reminders at our first practice.

Wrestling is a sport of dedication. Success is dependent only on the wrestler's desire. Our goal is to see our wrestlers accomplish as much as they can while having fun along the way. We need the support of the parents/guardians to achieve this.

Wrestling is a team and individual sport. For meets we will have starters and back up wrestlers. The backups will wrestle at meets depending on the amount of wrestlers on the opponent's team. Wrestlers are expected to attend all practices and meets. If a starting wrestler **habitually misses** practice he will lose his starting position to the back up wrestler. If an exhibition wrestler **habitually misses practice he will not be permitted to wrestle exhibition matches**. In the event a wrestler cannot make practice, he must notify one of the coaches ahead of time. If he fails to do so, it will result in loss of match time for the first offense. If it should happen again the wrestler will be suspended from the team for one week and will lose their starting position. If he holds a starting position, he will have to wait for the next wrestle off in order to earn it back.

There will be wrestle-offs every 4 matches to compete for the starting position.

Horseplay at any time will result in loss of practice and match time.

All team members are expected to remain for the entire match. This includes all starters and non-starters. If team members habitually leave matches early they will not start or wrestle exhibition matches in the future.

Those that stick with the sport and strive to better themselves will gain confidence and mental toughness which help in all future athletics and life.

Practice Times- Monday – Friday 3:00pm – 4:20PM

Wrestlers will take the late bus home or have a ride ready by 4:25pm. Home meets should be completed by 5:15pm. We should arrive from Away meets by 5:45pm at Rosa. Please pick up your child promptly at Rosa or you may take home from the match.

League Website : <http://www.sjmswl.com/>

****FIRST PRACTICE- WEDNESDAY , NOVEMBER 14th***

Practices are closed to all spectators.

The END OF YEAR varsity tournament has a tentative date of Saturday February 9th.

The 2018-2019 schedule will be posted on the Athletics page of the school website and on the LC3 eboard on the WRESTLING TAB. No matches or practices during winter recess, snow days or holidays.

The following clothing is required: Wrestling shoes. Comfortable gym clothing (sweat pants, gym shorts, tee shirt) ***All clothing must be free of zippers, snaps, and buttons**

The following equipment is optional: Personal headgear (although encouraged)

Mouth Guard (Wrestlers with braces are required to have a mouth guard as per league rules.)

If you plan on carpooling with another family from practices and /or meets, please notify me in writing as soon as possible with the names of the people you are going to carpool with. You can email this to ehernandez@chclc.org

We look forward to your support for a successful year and I hope to see you at the meets.

Sincerely,
Ed Hernandez- Head Coach
ehernandez@chclc.org
Brian Hanlon– Assistant Wrestling Team Supervisor
bhanlon@chclc.org

*Please sign and date. Please return it to me as soon as possible. If not returned by **Nov.14th** your child will not be able to participate until this form is returned along with all forms needed to be cleared by school nurse. Thank you*

Additional Information will be posted on the LC3 Eboard under the Wrestling Tab

I _____ **Please Print** (Parent/Guardian) and

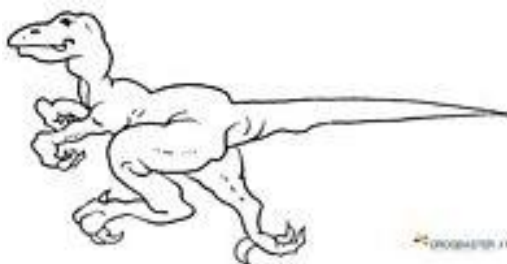
_____ **Please Print** (Wrestler's name) have read and understand the above information.

Date _____

Parent's Signature

Date _____

Wrestler's signature



Season practices start on November 15, 2018 - February 9, 2019. No practice or matches on days that school is closed. You will need to have all of your paperwork done before November 12.

For updated information click here: (there will be updates coming soon)
<http://www.sjmswl.com/>

Schedule:

Camden County Conference of the SJMSWL		
All matches begin @ approx. 4pm.		
Date	Home	Away
Tue. December 11	@Cinnaminson	Rosa
Our TRI-MEET is Friday December 14 Spirit Week dance	@Carusi	Rosa & BECK
Tue. December 18	@Rosa	Williamstown
Thur. December 20	@Rosa	Pennsauken
Tue. January 8	@Rosa	CW Lewis
Thur. January 10	@Rosa	Glen Landing
January 15	@Rosa	Beck
January 17	@Rosa	Bordentown
January 22	@Berlin	Rosa
January 24	@Voorhees	Rosa
January 29	@Winslow	Rosa
January 31	@Mullen	Rosa
February 9th 22 School League Tournament	Arrive @7:30am for official weigh-ins @Moorestown HS	Wrestling starts @9am ends individually at about 12-7pm