



Dear Southridge Wrestlers and Parents:

We are very excited to begin the eleventh season of Southridge Wrestling! In the past I have written an extensive letter full of information. This year I am just going to list some of the important upcoming dates and information for ease and clarity!

- Mandatory parent meeting on Wednesday, Nov. 18<sup>th</sup> at 7pm at Baja Fresh.
- Please eat at Baja Fresh on that Wednesday as one of our fundraisers! (take the flyer that I will be sending out by email shortly with you).
- Please put your email address down on the confirmation pledge sheet EVEN IF you are already on my list. I am making new lists this year.
- We will be selling business cards again this year- due Saturday, Nov. 21st. The flyer is in this packet. This will help pay for half/all of your son's gear order and provide some money to the program.
- We will be doing another fundraiser this year as well. Details will be discussed at the parent meeting.
- Due to recent incidents with athletic teams at our school, including our own, we will be having many talks with our kids about the dangers and consequences of using marijuana, drinking and hazing. Our hope and goal is to have all of our wrestlers clean of drugs and alcohol and respectful of others during our season. We hope this would then extend to the rest of their year as well.
- Please help your student athlete monitor grades and missing work.
- Please help your wrestler with attendance issues (excusing any missed school days by calling the attendance office AND calling/emailing me if they will be gone from practice. I don't always see that a wrestler has been excused from school that current day.
- In addition to the attendance issues above, please make sure your son is at practice unless they were absent from school. Also, please make sure they get to the practices during our breaks and non-school days (this is especially true for younger athletes that may be participating in a high school athletic program for the first time and haven't really experienced these types of expectations before).
- Please make sure your son is showering with anti-bacterial soap immediately after every practice (due to the limited amount of showers at the school, sometimes it is quicker to go home to shower). Great hygiene is the number one way to avoid skin infections—we do mop our mats every day.
- I have included a flyer about best practices to avoid skin infections from the OSAA. They also are asking us to require all coaches, wrestlers and parents to view a FREE 25 minute skin infection prevention video online at <http://www.nwcaskinprevention.com>. (we will be showing this to our wrestlers). We are also supposed to inform you that the product highlighted in the

- attachment, Hibiclens, is a surgical scrub soap that remains on your skin and kills MRSA, Herpes, etc for up to 6 hours. It can significantly reduce the chances of skin infection outbreaks. It is FDA approved and very effective. Hibiclens can be purchased in the first aid section of your local Walmart, Walgreens, Rite Aid, etc.
- Team unity is extremely important to us. We are requiring that every wrestler purchase a mandatory team pack this season, which consists of brand new team sweats, shorts and practice and team shirts (your son will be able to use these same sweats next year). We realize this is yet another cost to you as a parent, but our goal is to have all of our kids purchase their gear through fundraising so there is no out of pocket cost to families.
  - There are optional items to purchase this year such as a team bag with their name embroidered on it, beanies, and parent shirts.

Finally, I want to take this opportunity to list our coaches for this year and their specific roles. I have had numerous conversations with my coaching staff during the off-season about how we can improve. One way is to make sure that each of my coaches has a defined role and that wrestlers know their role as well. I have an amazing staff this season full of experienced and dedicated coaches! Please make sure to welcome some new members and meet the rest of our staff at our parent meeting.

Erik Reinholt: Head Coach

Ben Richards: Lead Var/JV technician. During matches focus on light & middleweights

Brett Phillips: Lead Frosh/Novice coach and technician

Stewart Ayers: Var/JV assistant. Light & middleweights. Also in charge of our website

Fuzz McPherson: Conditioning coach and upper weights

Shaun Dee: Upper weights coach

Jason Appleton: Middle to upper weights and frosh/novice technique assistant

Mike Overton: Frosh/Novice assistant.

Larry Reinholt: Frosh/Novice assistant. Will assist in going over film.

We look forward to seeing you all in the stands this year sporting Southridge colors (hopefully wrestling apparel) and cheering on our team! **The District Tournament is at Southridge this year, so let's pack the stands and get loud!**

Sincerely,

Coach Reinholt