

IMPORTANT INFORMATION

1. Check our website, which is being updated, for all current information. southridgewrestling.com (This is improved this year and will continue to improve!!)
2. **Mandatory parent meeting on Wednesday, November 18 at 7pm at Baja Fresh!** This is also one of our fundraisers-please eat there anytime during the day/evening (need to take flyer-spread the word!). It is crucial that all parents attend the meeting.
3. Please keep and check our practice calendar. This is very detailed. We will notify parents and wrestlers if changes occur by email and our website.
4. Wrestlers are required to wear appropriate gear at every practice and **MUST** wash all gear (including knee pads) every night.
5. Weight- this is the fifth year of the new weight/hydration plan. You will not be able to go lower than the weight recognized by the computer (the computer puts all wrestlers on a safe weight loss plan). This really helps to eliminate concerns about “weight cutting”. As a coaching staff, we definitely **DO NOT** advocate for significant “weight cutting”. We would like to add that losing a few pounds during the wrestling season is natural due to consistent exercising and a proper diet (which is why the new system has a safe plan in effect). Some wrestlers have very minimal body fat. If, during the testing, your son is found to have less than 7% body fat, then you will need to have a doctor sign the release form allowing him to wrestle at the weight he was during the test. **First test is Sat., Nov. 21st.**
6. Diet- Once a wrestler is put into the computer and we receive his identification number, you can check his sample diet on the OSAA website (osaa.org/wrestling/owwmp.asp). Athletes must not eat junk food. This includes pop, chips, candy, slurpees, etc. We will deal with athletes caught eating junk.☺
7. Wrestlers should get plenty of sleep every night and take a multi-vitamin.
8. Wrestlers will be required to volunteer at a minimum of one Skyhawk Wrestling Club practice this year. This would also count as a make-up practice. Wrestlers will earn service learning credit for each hour helping our youth. Practices are immediately after our high school practices. Mondays/Wednesdays: 6-7pm (K-5th grade) and 7-8:15pm (6-8th grade) and Tuesdays from 6-7:30pm (advanced club).
9. Weekly awards/recognition will be given on Mondays for those who are showing leadership on the team by practicing hard, best match, quickest pin, etc.
10. We mop the mats everyday, but if a wrestler does not shower then he is not doing his part in stopping the spread of disease. You **MUST** shower at the end of practice! You must use anti-bacterial soap. We are also highly recommending the purchase of Hibiclens—you can’t wrestle if you have skin infections!
11. If a wrestler gets a skin infection, we need you to get the official document from us (also on the website and online at OSAA.org) that you need to have the doctor fill out and get on medication immediately; the oral pill (not cream) will wipe it out of the system much quicker. This will allow the wrestler to get back on the mat ASAP without spreading the infection. You must return the official form to the coaches in order for you to practice and/or compete (**make sure the doctor has filled our earliest date to participate**). Again, washing immediately after practice with anti-bacterial soap, washing your clothes daily, and using Hibiclens will help the entire team avoid infections.