



Dear Southridge Wrestlers and Parents:

I can't believe that I opened this school as the head coach and now we are already heading into the thirteenth season of Southridge Wrestling! We will have a young team this year, but I am excited to be working with your sons. These are a fine bunch of young men, and we will help them to become even better men. Below is a somewhat long list of important items, but please pay attention to all of them. I also don't think I can possibly emphasize the parts about attendance and grades enough. These two issues are the toughest part of my job.

- Mandatory parent meeting Wednesday, Nov. 16th at 6pm at Baja Fresh. Please eat dinner here as it is also a fundraiser.(take the flyer that I will be sending out by email shortly with you or say you are with Southridge Wrestling).
- Please put your email address down on the confirmation pledge sheet unless you are already receiving emails from me this fall.
- Our main fundraiser will be selling business cards for our team poster. I have the updated flyer attached in this packet, have sent it out by email, and have already handed them out to the wrestlers at our informational meeting.. We are trying to get every wrestler and manager to sell at least one card. Cards are due Saturday, Nov. 19. One card sold will result in half off of your son's required team gear. Team gear will be free with two cards sold (\$140 value). A third card sold will be worth \$70 to additional clothing. Four or more cards sold; the money goes entirely to the program. (We want to allow others the chance to sell).
- 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. We can't have parents excusing kids from early morning periods and still hope that they will be able to practice and/or compete.
- 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. 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. This is all new gear. Our sweats will be used for at least two seasons. We also highly encourage purchasing team bags to carry our gear in. We realize that team gear 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.
- We hope parents buy additional team gear. Our parent/coaches ultra tech shirt is extremely nice!

Finally, I want to take this opportunity to list our coaches for this year and their specific roles. I am so lucky to have such an amazing staff!

1. Erik Reinholt-Head Coach
2. Brett Phillips- Lead Frosh/Novice Coach and technician
3. Ben Richards- Lead Var/JV technician, Lightweights focus
4. Stewart Ayers-Var/JV assistant, Website, SWC Assistant
5. Mike Overton-Frosh/Novice when split
6. Shaun Dee- Heavyweights, Workout partner
7. Jason Appleton- Middleweights, Workout partner
8. Kyle Schlottman- Frosh/Novice when split, Co-Supervisor w/Reinholt
9. Randy King- SWC Program Director
10. Mark Browning- Head K-5 Coach, High School Assistant
11. Brandon Badicke- Co-Middle School Head Coach
12. David Hess- Co-Middle School Head Coach
13. DJ Miller- High School Assistant
14. Jason Farmer- High School Assistant

We look forward to seeing you all in the stands this year sporting Southridge colors (hopefully wrestling apparel) and cheering on our team!

Sincerely,

Coach Reinholt