

IMPORTANT INFORMATION

1. Check our website for all current information including our calendar. southridgewrestling.com
2. **Mandatory parent meeting on Wednesday, November 16 at 6pm at Baja Fresh!** It is crucial that all parents attend the meeting. This is also a fundraiser when buying food.
3. Please check our practice/competition calendar (on our website which you can print off). We will notify parents and wrestlers if changes occur by Celly and/or email.
4. Wrestlers are required to wear appropriate gear at every practice and **MUST** wash all gear (including knee pads) every night.
5. **Weight-** 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. 19th.**
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 two Skyhawk Wrestling Club practices this year. 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). Wrestlers are also required to be at the youth tourney we are hosting on January 14th to set-up, take down, and help ref the matches and run the brackets.
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 to know immediately! You need to use the official document provided by us in this packet (also on the website and online at OSAA.org). The doctor must fill this out and sign earliest date may return to participating. Get on medication immediately; the oral pill (not cream) will wipe it out of the system much quicker (but you may have to request it). 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.**