

Santan Junior High Wrestling 2019-20



Coach:

Chase Cawood - cawoodonline@gmail.com; 480-203-7593

Assistant Coach: Roger Bonham

Welcome to the 2019-20 Santan Wrestling Team! This packet provides athletes and parents with information about practice times, team expectations, a competition schedule and parent volunteer opportunities. Please read the following information with your student/athlete, *sign the attached agreement, and return the agreement to the coaches by Wednesday, Jan. 15th.*

Practice Schedule:

Please see attached calendar for practice and meet schedule.

A commitment for the next 8 weeks is essential! All practices are *mandatory!* Practices will take place in the gymnasium at 4:15pm sharp. Practices will end between 5:45pm-6:00pm. **The only dates that we will be starting in the AM will be Jan. 27th. Feb. 3rd. Feb. 13th. At 7:15am sharp.**

Attendance policy:

1. Roll will be taken at every practice.
2. Unexcused absences – The student will not participate in the next meet. After 3 unexcused absences the student will be dismissed from the team.
3. Excused absences – The athlete or their parent/guardian must notify a coach by phone or preferably by email before the absence occurs. The coach's contact information is on the school website and the schedule.

Athlete Pick up:

Please be sure to pick up your athlete within 15 minutes of the meet's end or bus arrival time on meet days. If you attend an away meet your athlete may ride home with you. There will be a parent sign-out sheet at each away meet. Parents need to sign out their athlete. In order for an athlete to ride home with a teammate's parent s/he must have a signed permission note from his/her parent prior to the meet.

Grades:

Weekly grade checks will be completed on Thursdays. Students with an 'F' on the grade check will be ineligible for the following week's competition. In order to be eligible the

athlete must present a dated printout showing he/she is passing all classes. The athlete is still required to attend practices even if ineligible for competition. Communication with Coach Cawood is necessary if tutoring arrangements need to be made.

Behavior

Students, as a member of the SJHS Wrestling Team your behavior is a reflection of not only you, but our team and Santan. Behavior must follow the school expectations outlined in the student handbook. Disrespectful behavior may result in dismissal from practice or the team. This applies to practices, meets and the classroom.

Students placed in in-school suspension or given a discipline referral =Will not wrestle at next meet

Students placed in in-school suspension a 2nd time or a 2nd discipline referral=TEAM DISMISSAL

Students placed in off campus suspension=TEAM DISMISSAL

Guidelines:

1. Athletes must be on time and prepared for practice. **(If more than 10 minutes late, wrestler will not practice.)**
2. Athletes need to **bring water to practice and meets**. Also drink plenty of water throughout the day. **(Recommend bringing a gallon to school.)**
3. Athletes should bring a healthy snack for after practice.
4. Dress appropriately for practices. Wear lightweight workout or warm cloths, also wear wrestling shoes. If you have braces you **must** wear a mouthpiece.
5. All athletes must possess a positive attitude.
6. All athletes must do their best at practice, as well as meets.
7. All athletes must show Respect and Responsibility for themselves, coaches, teammates, officials, volunteers and opponents at all times.
8. All athletes must maintain hygiene, keeping fingernails clipped, showering right after practice.
9. All athletes must use proper language, absolutely **no cursing** in the wrestling room.

Wrestling Meet Events:

At 4:30 for all meets

Parent Involvement:

There are many ways that you can help support our Wrestling Team. First, we hope that you can attend the meets and encourage our wrestlers. Positive motivation during a match can make a significant difference. Proper behavior from parents at the meets is critical. Positive Reinforcement to your athlete and the team is a must, they practice hard all season for these events. **Under no circumstance is a parent permitted to come onto the mats. Parents cannot be on the gym floor or behind the coaches chair during matches.** We appreciate the dedication you show to help the athletes have a positive and

successful season. Thank you for your support and please feel free to contact us (email is best) if you have any questions or concerns.

Most important enjoy the season! We are looking forward to a positive and successful
2019-20 Wrestling Season!

2019-20 Santan Wrestling Signature Form
Please return to coach by Wednesday, Jan. 15th.

DATE: _____

ATHLETE'S NAME: _____ **GRADE:** _____

Expectation agreement statement:

_____ and _____
(print student's name) (print parent/guardian's name)

I have read, understand, and agree to the fore mentioned team rules and guidelines.

_____ and _____
(student's signature) (parent/guardian's signature)