

Santan Jr. High 7-8th Grade Wrestling

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Welcome to 2023 Santan Wrestling! This packet provides athletes and parents with information about practice times, team expectations, and a competition schedule. Please read the following information with your student/athlete, sign the attached agreement, and return the agreement to coach Abeita by January 18th.

Practice Schedule:

Given the large number of matches in a short amount of time, **ALL practices are mandatory!** If you are not able to make it to a practice or a match, you must let your coach know prior to the practice. Please refer to the season calendar for practice times and location. No practice game days.

Communication:

All-important announcements will be shared through **Remind**. To join text **@santan2023** to **81010**. Or on your remind app enter our class code **@santan2023**.

Attendance Policy:

1. **Attendance will be taken at every practice.**
2. **Unexcused Absences** – The athlete will not participate in the next match.
3. **3 Unexcused Absences** – The athlete will be dismissed from the team.
4. **Excused Absences** – The athlete or their parent/guardian must notify the coach by REMIND or by email before the absence occurs.

Transportation:

- **To practice:** Athletes will be transported from Santan JH to ACP HS after school to use the ACP wrestling room. They will leave Santan JH at 4:30 and will arrive at ACP and will begin wrestling. Athletes must be picked up from parents/guardians at ACP High School.
- **To matches:** Athletes will be transported by the school to away matches.
- **From matches:** All athletes must be picked from away matches and away practices.

Grades:

- Weekly grade checks will be completed every Thursday afternoon.
- Athletes are expected to keep grades at a "C" letter average.
- If an athlete is **below 70%**, a player must sit out one meet and must raise their grade before they can participate in matches. Athletes may not travel with the team. Students below 70% on the grade check will be ineligible for the following week's matches. In order to be eligible, the athlete must present a dated printout showing passing all classes. The athlete is still required to attend practices even if ineligible for competition unless he has prearranged for tutoring.

Behavior:

1. **OFF CAMPUS SUSPENSION = REMOVAL FROM TEAM**
2. Any student sent to in-school suspension will not play in the next game. If a student is sent to I.S.S. for a second time in one season, that student will be removed from the team.
3. Any student sent to C.A.R.E. will not wrestle in the next dual. 2nd C.A.R.E slip will result in suspension from competition the following week. 3rd C.A.R.E slip will result in removal from the team.

Guidelines:

1. Athletes must be on time and prepared for practice.
2. Athletes need to bring water to practice and drink plenty of water throughout the day.
3. Athletes must wash proper workout attire prepared for practice after school (wrestling shoes, athletic clothing, hoodie and athletic shoes).
4. Athletes must take a hot shower with soap, immediately after practice.
5. All STJH uniforms will be returned in the same condition it was given to each athlete.
6. All athletes and parents must possess a positive attitude.
7. Athletes must possess a positive attitude.
8. Athletes must do their best at practice, as well as games.
9. All athletes must show Respect and Responsibility for themselves, coaches, teammates, and opponents always.

Parent Involvement:

I look forward to seeing you all at our parent coaches meeting. Please stay up to date with REMIND for important notifications. We hope you can attend our games and encourage our athletes. Positive motivation during games is greatly appreciated. We appreciate the dedication you show to helping the athletes have a positive and successful season. Please feel free to contact me if you have any questions or concerns. Thank you – Coach Joe Abeita

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2	3	4	5	6	7
8	9	10	11 Practice @ Santan JH 4:15 - 5:45	12 Practice @ Santan JH 4:15 - 5:45	13 Practice @ Santan JH 4:15 - 5:45	14
15 Martin Luther King day No Practice	16	17 Practice @ACP HS Parents pick up at 6:30	18 Parent Coach Meeting. Practice TBD	19 Practice @ACP HS Parents pick up at 6:30	20	21
22	23 Practice @ACP HS Parents pick up at 6:30	24 Match @ QCJH Starts @ 4:30PM	25 Practice @ACP HS Parents pick up at 6:30	26 Match @ HOME V. CCJHS, EMJH Starts @ 4:30PM	27	28
29	30 Practice @ACP HS Parents pick up at 6:30	31 Match @ QCJH Starts @ 4:30PM				

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice @ACP HS Parents pick up at 6:30	2 Match @ HOME V. NBJH, PJHS Starts @ 4:30PM	3 4
5	6 Match @ AJHS Starts @ 4:30PM	7 Practice TBD	8 Match @ ACP JH Starts @ 4:30PM	9 Practice TBD	10 11	
12	13 Practice @ACP HS Parents pick up at 6:30	14 Match @ HOME V. BJHS, CHS Starts @ 4:30PM	15 Practice @ACP HS Parents pick up at 6:30	16 Practice @ACP HS Parents pick up at 6:30	17 18	
19	20 Presidents' Day No Practice	21 Match @ EMJH Starts @ 4:30PM	22 Practice @ACP HS Parents pick up at 6:30	23 Match @ Cooley Starts @ 4:30PM	24 25	
26	27 Varsity Practice @ ACP HS Parents pick up at 6:30	28 Varsity Practice @ ACP HS Parents pick up at 6:30				

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Varsity Practice @ ACP HS Parents pick up at 6:30	2 Varsity Practice @ ACP HS Parents pick up at 6:30	3 Practice TBD
						4 EVC Championship @ TBD
	5	6	7	8	9	10
						11
	12	13	14	15	16	17
						18
	19	20	21	22	23	24
						25
	26	27	28	29	30	31

2023 Santan Junior High School – Wrestling Parent and Athlete Acknowledgement Form

Parents and Athletes please sign after you have read the 2023 wrestling season outline and expectations. These forms must be returned to Coach Abeita at or before the coach's parents meeting.

- I have read and understand the team rules and expectations for the 2023 season.
- I am prepared and excited to learn or better myself in the sport of wrestling

Athlete's Name (Printed)

Athletes Name (Signature)

- I have read and understand the team rules and expectations set for my athlete for the 2023 season.
- I will try my best to make the coaches meeting on January 18th.

Parent/Guardian Name (Printed)

Parent/Guardian Name (Signature)
