

Parent/Guardian:

My name is Pat Quinn and you are receiving this letter because your son/daughter is interested in participating in the sport of wrestling. Wrestling is one of the oldest competitive sports in the world and it teaches fundamentals in balance, coordination, strength, body awareness and mental toughness. It is a very hard sport to pick up, but with time and patience anyone can learn skills that can suit each individual wrestler in order to becoming successful in the sport. There are a thousand different ways to win in the sport but the hardest part of becoming successful is going through all the fundamental skills to figure out which ones you can use to be successful.

At Payne Junior High we will be moving at a fast pace allowing those who chose to wrestle to have numerous opportunities to practice techniques and use each technique in situations that will help them understand proper use of each technique and how to defend them. It is vital that all participants come to practice every day and when in attendance be accountable to paying attention to the techniques and getting the maximum number of repetitions in order to have an opportunity to use the technique towards their own individual success. Winning and losing are a fact of life but PLEASE emphasize with your son/daughter that learning the sport comes first and once we get a hang of the sport we can start working on our winning and losing record. We lose a lot of kids from the sport because it is hard to lose all by yourself these days and kids don't know how to handle it, but with your encouragement and my encouragement we should be able to get them to understand where they are in the process and show them that with some more time success will happen and the results they want to see are achievable. Practices will be held at Basha high school from 4:40-6:00pm and the reason for this is it gives us the space necessary for the kids to work in an environment that increases repetitions and success. Mr. Bollard is the greatest and has arranged transportation to the high school from Payne and we would encourage everyone to thank him for this as it will really increase our chances for success this season.

The last thing we want to address with all of you is that practice is a must and if students cannot make practice we lose the opportunity to help them progress in the sport. We are not looking for the best athlete who won't come to practice but can beat the guy who does come to practice, but rather the kid who really shows an interest in the sport of wrestling and wants help achieving success in it. Tutoring can happen before school and the days to help these athletes are very few so every practice counts. We are going to hold all wrestlers to a three strike rule which means that if you miss a practice (with no prior information given for missing), or if you are asked to leave a practice because you are not being accountable to your own learning we would ask that you not come back as it is disturbing the learning and teaching of others on the team. We hope this doesn't happen of course but do want to make everyone aware that those who want to learn how to wrestle come before those who don't. Lastly **there is a charge for participating of \$20 that must be turned in before your son/daughter can participate at Payne Junior High.** If you have any questions please do not hesitate to call me at (602) 571-1078, I will be happy to answer any question or concern you have and I hope throughout the season we can all get to know each other as the kids go through the process and compete in the great sport of wrestling.

Weight classes 73, 78, 83, 88, 93, 98, 104, 111, 118, 125, 133, 142, 154, 167, 180, 200, HWT

Coach Pat Quinn