

Wrestling Parent Letter 2015-16 Season for Mapleton Jr. High (7th-9th grades).

Dear Parents,

This letter is your reference guide. Please email or call if you have questions (coachcraiglamont@gmail.com or 801-380-8828). It is my personal goal to provide a positive experience. I am the head coach for the Jr. High team and my assistant coach is Ben Gasser ben.gasser@nebo.edu

Sportsmanship: Please read this Parental Commitment and commit to it during our season:

Parental Commitment

As a parent I hereby commit that I, and any other related or unrelated significant other that I allow to support my wrestler, will demonstrate good sportsmanship. I understand that I could be asked to leave the premise and not return if I do not demonstrate good sportsmanship. I also understand that my wrestler may not be allowed to continue in the program if I as a parent cannot live up to this commitment. Specifically, I will not yell at, degrade, argue with, fight with, threaten, or otherwise torment referees, coaches, other parents, or wrestlers (including my own) during practice, competition, or any other time.

Mapleton Jr. High Team and its relationship with Champions Wrestling Club: The Jr. High team is all 7-9th grade Mapleton Jr. High students and local home, private or charter school students. Nebo school district sanctions wrestling and requires the separate distinction from club wrestling. The MJH team is a school team and will compete during the weekdays from November through January and will have their own daily practices without any outside club wrestlers. MJH Wrestlers are automatically granted free membership in Champions Wrestling Club. This allows the Jr. High team to also compete in Jr. high events that are in other school districts outside of Nebo each weekend (as a club). Because the district does not carry liability for those tournaments, we always register under “Champions Wrestling Club” for weekend tournaments and that is why we grant free membership to each Jr. High wrestler. Wrestlers do need to purchase a \$15.00 state membership card to compete in Jr. High events outside of Nebo School District. School practice goes from 3:00 to 4:00 each day. Club practice starts at 4:00 and goes to 5:30. Mapleton Jr. High students should be in both practices.

COMMUNICATION: Changes to the schedule and announcements will only be posted on www.championswrestling.com. You AND your wrestler MUST create an account on this website. This subscribes you to the automatic email service on that website to receive an email whenever an announcement is posted. After you subscribe, the site will send you a confirmation email. YOU MUST REPLY to that email or your subscription will not take place. Then follow up by marking the site as a safe site in your spam filter. So even though it is a Jr. High team, I do not have a Jr. High website and the club website is my communication portal. My email is coachcraiglamont@gmail.com. My phone number is 801-380-8828

Insurance/Membership Card: All Jr. High and club wrestlers MUST have a USA Wrestling Membership card to participate. There are three versions of membership. A limited Folk style membership for \$15.00 will cover all but one tournament this season. The full membership is \$40.00 and that covers all in state, out of state and out international events for all of wrestling for a year. There is also a \$100.00 version that gets extra gear, discounts, and various perks but is not required for any competition. You must go to www.themat.com and under membership purchase this on-line. You may upgrade from one level of membership to another without penalty at any time on-line. When you buy this card, register under Champions Wrestling Club. You purchase the card from a link on my website when you get on to create an account.

Team Rules and Expectations: All Mapleton Jr. High Athletes must maintain a 2.0 GPA to be eligible to compete at Nebo events. All wrestlers are required to bring me a copy of their grades each term. Please inform me if your wrestler is failing any class so that I can encourage him personally. If your wrestlers falls behind a 2.0 they will not be allowed to compete on Wednesday dual meets. I challenge and expect

that the wrestlers will not consume ANY soda pop during the season. It is my small effort to teach sacrifice and healthy choices. I expect good nutrition. Swearing, fighting, sexual talk or gestures, hazing, or bullying is not allowed on this team.

Practice: We practice or compete every day. Competitions are typically on Wednesdays and Saturdays. We will not have practice on days that Nebo School District is not holding school (non-school holidays, teacher prep days, weekends). We do not have practice on days that either MJH or the club has competitions scheduled. We will sometimes not have practice when other major wrestling events are happening that I want to replace practice for. For example, high school matches, college matches, all-star matches etc. All practices will be held in the MJH wrestling room. Practice times: MJH only 2:50 until 4:00 Club practice 4:00 to 5:30. Friday practices will end at 5:00 instead of 5:30. Early out day (Monday) practice will start at normal time. So athletes will have a break between school and practice on Monday.

The Caleb Williams Memorial Tournament (in honor of the late Caleb Williams from our school) is the tournament we host on Saturday November 19th. This is partially subsidized by the city recreation programs and also works as a fundraiser for our local high school teams. So instead of paying the \$15.00 entry fee, it will only cost champions wrestling club/Mapleton Jr. High wrestlers \$5.00. I will send out an electronic coupon code for this event during the week of the tournament. Each parent will need to sign up on-line for this event and it is expected that all will compete. Links to registration is on our website and the state website. Make sure your team name is Champions Wrestling Club and not Mapleton Jr. High. Please do not register and then not show up. Please do not show up Saturday if you have not registered. REGISTRATION closes on the Thursday before the tournament. We need as many volunteers as possible for this event.

All Saturday tournaments (year round) are optional and include a fee to enter. On-line registration at www.trackwrestling.com. There is no charge for spectators at most of these tournaments. Our club coaches will attend Saturday tournaments. If your team coach is not there, any coach in the club should step up and help coach your wrestler. The Youth Super-state tournament (a very fun tournament with awesome awards) is in February and signifies the end of winter sessions.

Mat Care: DO NOT bring pop, Gatorade, or other drinks into any wrestling room during competition or practice. Food and garbage is a problem and wrestlers should eat their after school snacks outside of the room. Water bottles are allowed and encouraged. For sanitation reasons, when you come to watch practice or cheer during competition, please do not wear your street shoes on the mats. Parents and loved ones should remove their shoes if they walk on the mat. Do not place chairs or other objects on the mats. They are easily damaged. NO HIGH HEALS, NO STROLLERS, NO WORK BOOTS!

Support your wrestler at the competitions by being present or sending another significant other to cheer for him. Please call me if your wrestler cannot show up to compete. If your child decides he wants to quit wrestling, please call me and allow me to speak with him before you allow him to quit.

Gear: Your child is required to purchase his own wrestling shoes. The best price is at Scoreboard sports in Orem and you can use your USA membership to get discounts. All other gear is optional for both district and club events. Varsity wrestlers will be provided school competition uniforms for district competitions but not for weekend competitions. Clean T-shirts and shorts are appropriate practice attire. Levi cut-offs are not allowed. No jewelry of any kind is allowed.

Hygiene: Wrestlers should come to practice with headgear, wrestling shoes, a clean T-shirt and shorts. Please do not allow wrestlers to wrestle in clothes that have not been laundered. Please have your wrestler shower immediately after practice and competition. Do not allow your wrestler to participate in practice when they are sick or have skin disease.

Weight Management: Losing an excessive amount of weight is not allowed. Do not encourage weight loss for wrestling unless your child is medically overweight or you have consulted with me. I will assist wrestlers in need of small amounts of weight loss with healthy and safe weight management techniques.

Coaching: We have a great coaching staff. Coach Ben Gasser and I are both experienced coaches and there are many other club coaches and guest clinicians that will coach in our room. If you have concerns or questions, please call or email me after practice and discuss them with me. I am a licensed Marriage and Family therapist and have expertise in teens and families. I am also a certified athletic trainer. I am a certified coach in multiple sports and am qualified to coach this team. I want each parent to know that I am committed to building character first and wrestling skills second. Winning is not as important as developing character. If your wrestler gets involved in trouble during or after the wrestling season, I expect to be a part of the solution. If your wrestler gets violent with others outside of wrestling, I expect to be informed of this also.

My assistant coaches are all qualified and are exceptionally talented coaches. Please let me know if you have any conflicts or problems with my coaching staff.

Team goals:

- 1) Keep athletes focused on academic achievement first.
- 2) Build character and teach life skills.
- 3) Learn sportsmanship. Wrestling is a sport of honor. I expect each wrestler to demonstrate excellent sportsmanship at all times. Parents are the primary example of sportsmanship. If the following rules are broken I will ask parents to leave the room or competition.
 1. No negative taunting, yelling at, engaging with, or mocking other teams, officials, or parents.
 2. Please continue to be a good example of sportsmanship by not talking negatively about other teams, referees, teammates or coaches. Especially in your car or home.
 3. Enthusiasm: Learning how to get excited, to cheer, and to manage adrenaline.
 4. Teamwork.
 5. Be positive about your wrestler's strengths and focus on his progress, not his weaknesses.
- 4) Learn basic skills.
- 5) Conditioning & strength.
- 6) Have fun.
- 7) Team Unity.
- 8) Build respect in the community.
- 9) Create an identity in each wrestler so they see themselves as a wrestler.

Thank you,
Coach LaMont