

Dear Mapleton Jr. High Wrestler and Parent,

As the head coach of the Mustang's wrestling team, I am excited for another fantastic season here at Mapleton Jr. High. Getting registered properly for a Jr. High Sport can be confusing. This letter should help you. Please check off each item as you go. Email me with questions at [coachcraiglamont@gmail.com](mailto:coachcraiglamont@gmail.com) See you on the mat!

- Go to the main office and pick up a packet of multi-colored registration forms.
- Schedule an appointment and get a physical using form A or B provided in this packet. You only need one physical from 7-9<sup>th</sup> grade, so if you turned one in last year, you are good to go. Any physical in the last year will count if you have a copy of it.
- A parent needs to sign the pink travel document in the packet.
- A parent needs to sign the green athletic participation form in the packet.
- A parent needs to fill out the blue insurance information form in the packet.
- A parent needs to fill out the white athlete emergency form.
- Each parent and athlete should log on to [www.championswrestling.com](http://www.championswrestling.com) and sign up for the automatic email notification by creating an account on that website (upper left grey button). All team communication will be through that website. All Jr. High wrestlers are granted automatic and free membership to Champions Wrestling Club because that is my private club and it is the best way for me to communicate with the team and parents.
- Required \$50.00 registration fee. Go to the finance office and pay Mrs. Cary and then bring the receipt to Coach LaMont. Those athletes that qualify for the district financial waiver plan can fill out appropriate waiver forms for this fee at the finance office.
- Optional Spirit Pack. \$40.00. The spirit pack is broken into two items. Hoodie is \$30.00 and the T-shirt is \$10.00. Fill out the attached Spirit Pack Form and pay Mrs. Cary in the finance office. Make sure to get a receipt and bring it to me to get your gear.
- All forms, physicals and waivers need to be turned in to Coach LaMont by Nov 7<sup>th</sup>.
- State membership/insurance card is \$15.00. This is a membership card to compete in weekly Jr. High events that are outside of Nebo School district. The weekend events are not sanctioned by Nebo School district and therefore it is required to have this state membership card to compete outside of the district. Go to [www.themat.com](http://www.themat.com) and go to memberships. Click on membership and get a Utah Limited Folk style Membership. Please select Champions Wrestling Club as your team as this membership system is set up for only clubs and not schools.
- Wrestling shoes are required. Any sporting good store or online are good options. The school will provide headgear and uniforms but wrestlers must have their own shoes.
- Mark your calendar to come to the parent meeting on Tuesday, October 25<sup>th</sup> at 5:30 PM in the wrestling room. You can bring all paperwork to this meeting.
- First day of "open room" practice will be Tuesday, October 25<sup>th</sup> at 3:00 PM in the wrestling room.
- All registration must be complete by November 7<sup>th</sup>. Wrestlers will not be allowed in the room on that day without all the paperwork and fees paid. That is the first day of sanctioned practice.

SPIRIT PACK 2016-17 Mapleton Jr. High Wrestling Team.

Take this SPIRIT PACK form with your money to the finance office and give it to Mrs. Carey.

Pay your fee and mark the box for the items you want to purchase.

Have Mrs. Carey sign the form.

Bring the form back to Coach LaMont with her signature and a copy of the receipt of payment to get your gear.

Athlete's Printed Name: \_\_\_\_\_

- \$10.00 T-shirt      Size \_\_\_\_\_
- \$30.00 Hoodie      Size \_\_\_\_\_

Total Paid \$ \_\_\_\_\_      Date Paid \_\_\_\_\_

Payment confirmation by Mrs. Carey \_\_\_\_\_