

To: North Jr. High Wrestling Parents

Hello and welcome to the North Wrestling Family. This letter will outline the following information:

1. Requirements
2. Practice Times
3. Practice Attire
4. Transportation
5. Eligibility
6. Athletic Lettering Policy
7. Varsity/Junior Varsity Ranking Procedure
8. Game/Departure Schedule Information
- 9. Edmond Tournament Help**



1. Requirements/Policies: All wrestlers must have a current physical/medical release form on file before participating. If you played a fall sport you do not need to get another physical.
2. Practice Times: We will practice M-F from 2:45-5:00. Most of the practices will be at Sequoyah Middle School in the loft above the gym. Occasionally we will practice at North High School. Please be prompt in picking up your son from practice.
 - a. Wrestling season continues through the Christmas break. We can not afford to take this entire time off. See calendar for practice times during breaks.
3. Practice Attire: Wrestlers will need a shirt, athletic shorts, and wrestling shoes to practice. We will check out a singlet and headgear to all athletes. Most athletes will also have a bag and sweats checked out to them. These items are the property of Edmond Public Schools and must be turned back in at the end of the season. If an athlete does not turn in all checked out equipment at the end of the season, a financial hold will be placed on his school records.
 - a. To insure a clean practice room all athletes are to wear a clean shirt and shorts every day. Wrestlers are under no circumstances allowed to leave sweaty shirts or shorts in their lockers.
 - b. I will mop the mats with a disinfectant every day right after practice and spray the room with Sanivex.
4. Transportation:
 - a. Wrestlers from Cheyenne Middle School and Central Middle School will board a shuttle bus that will take them to Sequoyah for practice. Parents will need to pick them up after practice at Sequoyah.
 - b. Wrestlers may not ride home from an event with a parent unless first checking with the coach. Wrestlers wishing to ride home with a teammate's parents must have a note or have their parent talk to the coach in advance.
 - c. For some events here in town we will not take a bus. Check the calendar on the website. (www.edmondnorthwrestling.com)

5. Eligibility: All athletes must be academically eligible to compete in wrestling. If an athlete is failing a class, the athlete will be put on probation for one week. During the probation week the athlete may practice and compete as normal. If the athlete is failing for two consecutive weeks, he will be ineligible. When an athlete is ineligible they may practice as normal but they may not compete at any event. When the failing grade is brought up to passing, the athlete will be taken off the ineligible list for the following week and may begin competing again. Eligibility lists begin on Sunday and run through Saturday.
If an athlete is failing one class and brings that class up to passing but is then failing a different class they will remain on the ineligible list
6. Athletic Lettering Policy: Wrestling is in my mind the toughest sport. Any athlete who finishes the entire season with the team has surely accomplished something and will be honored with a letter regardless of wins or varsity/non-varsity status.
7. Ranking Matches: There are 13 weight classes ranging from 78lbs to Heavyweight in which wrestlers will rank to determine varsity. Along with ranking at the beginning of the season, we will hold ranking matches each week throughout the season.
8. Meet/Departure Schedule Information:
I will give all athletes a trip sheet the day before any event. It shows the times we will leave, approximate return time, location of event, and if they need money for food.
 - a. Most of this information can also be found on our website at www.edmondnorthwrestling.com
9. Edmond Tournament Help- Beginning in 1942, this is the oldest and most prestigious Jr. High Tournaments in the nation. The site for this tournament is Edmond North High School, but all 3 Jr. High teams help to prepare for and run the event that includes 32 of the top Jr. High programs in the state.
 - a. We will need **TWO** parents from our program to take **lead roles** in running the tournament. One parent will be in charge of our hospitality room and another will head up the table worker crew.
 - b. The hospitality room provides food and drinks to all of the coaches, officials, and tournament staff. (Not the wrestlers) Our lead parent in this area will work with other volunteers from our program, as well as the other two Jr. High teams.
 - c. Our lead parent for the table working crew will be responsible for scheduling other parent volunteers to work 2 mats for the entire tournament. Before the tournament we will teach you how to run a scorer's table.
 - d. Although this tournament does not take place until the end of January, we need to plan early. I appreciate all of your help to insure this event runs as smoothly as possible.

If you ever have any questions please feel free to contact me directly.

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