

Parents,

My name is Jason Hicks the head coach of the CMS wrestling team. Your student-athlete indicated that they were interested in wrestling this season. I wanted to give everyone an update on our upcoming season and steps we are taking to make the season as safe as possible. A few of the procedural things that need to happen in order for your student athlete to be on the team are listed below.

Forms: We must have all three required forms on file. The links to the forms are below. If you are unsure if you have turned in forms, please contact Mr. Monke dmonke@ccs.k12.in.us. A reminder that if your athlete participated in a Carmel Middle fall sport or tryout in 2020, then all of the forms carry over to the winter and spring seasons.

[Physical Form:](#) Physicals from the 2019-2020 school year are good for the winter season.

[Consent Form:](#) Completed electronically.

[Health History Update:](#) If using a 2019-2020 physical, this Google form needs to be completed electronically.

Start of the season: We will begin practice on **Tuesday December 1st**. For the first week of practice we are going to ask that wrestlers attend the practice that coincide with their school schedule. Basically, if they are at school they come to practice and if they are virtual they stay home. We are doing this only for the 1st week so we can teach everyone the new procedures in a safe and effective manner. We also need to get a count of the total number of wrestlers on the team, this will determine how we run practice based on the space we have. Once the first week is over we will have a standard plan for practices moving forward. This will be emailed to parents as soon as we see how many wrestlers we have. Our hope is we can practice as one team at one time, but we have many options depending on the size of our team.

Practice start and end times: We will start practice at 4:00 and end at 5:50. Your wrestler will be ready for pick up at 6. Please be on time, two of the coaches on the team have younger children and would like to get home before bed time.

COVID Stuff: We are working on multiple plans for our season, but a lot of the decisions will be based on the number of wrestlers we have. Hence the first week of practice being like it is. We are also meeting with all the ADs and Coaches throughout the county to create the safest and best experience for competitions. But below are a few things we will be doing no matter what our numbers look like.

General Practice/Competition Details:

- Wear a mask when entering and exiting facility
- Bring your own water bottle (towel and personal sanitizer are also encouraged)
- Our practices have always been open to parents however this year no guardians are allowed in the facilities during practice.
- Wrestlers can not wear the same clothing from the previous practice
- We will clean the mats before and after practice each day
- We will not be having after school meals, wrestlers will need to bring their own food on meet days.
- If your wrestler is academically ineligible at the start of the season they can not attend practice. This is a change from previous years.

These are general things we are following, but a more detailed plan of practice and competition procedures will be coming once we see our numbers. We are excited to get back to wrestling, but we also will keep an open mind about how the season will look and safety will be our number 1 priority. If you have questions feel free to email me: jhicks@ccs.k12.in.us.

Thanks,
Jason Hicks