

ALTADENA PANTHERS

WRESTLING 2023-2024

Dear Parents & Wrestlers:

Welcome to the 2023-2-24 wrestling season. My name is Eric Kinneman and I will be coaching the wrestling team this season. I am very excited for this upcoming year. Wrestling is a sport like no other and it will teach your child mental toughness and discipline. The self-esteem that is gained from participation in wrestling is second to none. Wrestling is not just a sport, but it is a way of life. It is the last Scholastic Warrior Sport. It's a Team Sport but also at the same time is an Individual Sport. I greatly look forward to teaching and mentoring this year's group of Panther Wrestlers.

A little bit about me: I wrestled from the time I was 5 years old all the way through High School in Hanover, PA. I have coached both of my kids for the last 7 years. My son wrestled for Altadena who now wrestles for Desert Vista High School, where I am also a Volunteer Assistant Coach. My Daughter is now in Middle School here at Altadena and will be on the Wrestling Team.

Important Information:

Practice begins on Monday October 23rd

Time: 3:30 pm -5:30 pm

All team members are expected to attend ***all*** practices and matches. It is expected that all team members arrive on time to practices and matches. If a student is not able to attend a scheduled practice or match, please contact Coach Kinneman by email, or phone Annie Saccoman, Athletic Secretary at 480 541 6004.

Mandatory Parent Meeting: October 24th, 5:30pm – 6:00pm or so, depending on how many questions there are. Please prepare accordingly. (after practice).

Equipment necessary for team participation: Wrestling practice attire includes gym shorts (without zippers), tee-shirt and gym shoes (sneakers). Wrestling shoes are optional but **HIGHLY** recommended. **Wrestling headgear is required to be worn during all practices and matches.** It is recommended to purchase your own head gear as we have a limited number we can provide. If your child has braces, they will be required to wear a mouthpiece. Wrestling singlet's (uniforms) will be provided for athletes competing in matches. Please make sure gym shoes are brought to practice every day, as we will be conditioning outside.

Student Expectations: Any student participating in sports is a STUDENT athlete. Students must do their job in the classroom in order to participate on the mat. Likewise, I will hold each wrestler on the team accountable for their choices of character. Students will conduct themselves according to the conduct outlined in the Kyrene Student Handbook.

It is with great enthusiasm that I send this letter, and I thank you greatly in advance for the hard work and support to come. Please feel free to contact me with any questions or concerns you may have.

Sincerely,

Eric Kinneman
Erickinneman@gmail.com