

## KMS Wrestling 2020-21 Season

Dear Parents,

The wrestling season is here and we'd like to welcome you to the team. This letter is your reference guide. Please email me at [shennings@kyrene.org](mailto:shennings@kyrene.org) if you have any more questions. It is my personal goal to provide a positive experience.

**Student Eligibility:** All forms are due to student services before they can practice.

Registration Link: <https://az-kyrene.intouchrecepting.com/>

**Participation Fee:** \$110.00

**Academic Standards:** All players must maintain grades of C or better and have satisfactory behavior in every class. Grades and behavior will be checked by coaches weekly. Student with a D can still practice but not compete at meets. Students with an F cannot practice or compete at meets. Homework club is available for students who need help with school work after school. They will come to practice after homework club is over.

**DISCIPLINE:** Any wrestler who has detention for disciplinary reason, including but not limited to Time Outs, Office Referrals, Lunch Detention, Individual Teachers, Etc. will receive extra conditioning, and possible loss of wrestling privileges. Being part of the Wrestling Team is a privilege not a right. BEHAVIOR IN SCHOOL IS OF THE HIGHEST PRIORITY.

**Practices:** All non-match days, JV and Varsity Practice are as follows, but are subject to change upon possible multipurpose room availability, more than a week's notice will be given if there is a change:

**Monday-Friday 3:30-5:30pm**

All wrestlers will help clean up mats after practice before they can leave

**First Practice:** Tuesday, 11/8 3:30-5:30

-All Students must be picked up in front of the gym or in the parking lot by 5:45 after practice every day! Coaches will be waiting with students until parents arrive, so please be prompt.

**UNEXCUSED ABSENCES:** You must be at practice to wrestle in matches. If for whatever reason a wrestler is absent without notifying the coaches it will be considered an unexcused absence, which will result but not limited to the following actions. Extra conditioning or loss of matches. Exception will be made if worked out with coaches prior to absence.

**Match Times:** A specific schedule for games can be found on the KMS Wrestling website by clicking on "schedule". Matches will start with 5 JV matches then all Varsity matches. Coaches will JV wrestlers who has matches as soon as we are able to match up weights with opposing team. We try to let them know the day before the match but is subject to change up till match

time. We are hoping to have 2 meets with a full JV lineup (18 Matches) and Varsity at the same time.

\*We ride a Kyrene bus to all away matches as a team. Students **MUST** be picked up from games, both home and away.

**Nutrition:** Wrestling is a sport that encourages a high quality nutritional diet before practices and matches. What you eat provides fuel for your body and we want our wrestlers operating at maximum efficiency. Wrestlers should eat small amounts of food throughout the day. Have them keep a baggie of veggies/fruit/granola in their backpacks. Get a water bottle and drink water throughout the day.

**EQUIPMENT INFORMATION:** The school district will provide all necessary wrestling equipment, with the exception of shoes or other personal type pads. All equipment must be turned-in cleaned, washed and dry to Coach Hennings at the end of the year.

**PLEASE FOLLOW WASHING INSTRUCTIONS CAREFULLY.**

**Singlet** – Machine wash, cold water on gentle cycle, hang dry, DO NOT BLEACH

**Hygiene:** Wrestlers should come to practice with headgear, wrestling shoes, a clean T-shirt and shorts (no pockets recommended). 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. No P.E. uniform if being used for practice if being used for P.E. class. Hair cover needs to be worn for those with long hair, it's a rule Keep hair neatly groomed. Fingernails need to be kept short at all times. Nails will be checked by referee before every match. Also, NO jewelry, earrings, wrist bands, etc. are allowed in wrestling.

**TEAM BENCH BEHAVIOR:** \* wrestlers pay attention while on the team bench. Teammates will encourage each other. Each wrestler will remain on the team bench during team competition. No put downs, or making fun of teammates, only encouraging words. \*Any horseplay or inappropriate behavior could result in extra conditioning, disciplinary action, or asked to leave the wrestling event in the extreme case.

If you would like more information, or have questions, please contact:

Scott Hennings

[SHennings@kyrene.org](mailto:SHennings@kyrene.org)

Varsity Coach

Looking forward to a great season,

Coach Hennings

Readiness