

2024 MTMS Wrestling Parent Info



Coaching Staff:

Aaron Kennedy, MTMS Head Coach and MVHS Women's Head Coach

Kennedyaaaron414@gmail.com

Joey Lazor, MVHS Men's Head Coach, MV Athletic Trainer, MV Kids Club Coach

JLazor@usd232.org

Purpose: The Mill Valley Wrestling Program is dedicated to providing student/athletes with the foundation to excel in life, in the classroom and on the mat. The foundation is built upon the Five Pillars of Jaguar Wrestling:

ACADEMICS

ACCOUNTABILITY

ATTITUDE / MENTAL APPROACH

POSITIONING

TECHNIQUE

Academics:

In order to compete, a student must have a passing grade (zero F's) in all classes with no more than two D's. Students' grades will be checked on a weekly basis by their teachers, coaches, or administration. Probation week followed by ineligibility.

Practice:

Paperwork all turned in to MTMS Office

See Calendar for Dates/Times

Practice will be at Mill Valley Wrestling Room

If an athlete misses practice there must be communication.

Afternoon Practice:

Coach will escort athletes to MV

Pick up from at Mill Valley Activities Entrance

Morning Practice:

Drop off at Mill Valley Activities Entrance

Showering after morning practice is mandatory.

Option 1: Parent picks up and takes home to shower.

Option 2: Athlete brings own towel, soap, shampoo and showers in school facilities.

Coach will escort athletes to MTMS if they choose Option 2.

Gear:

School provides: Singlet, Warm-Up Top and Bottom, Bag, and Headgear.

Athlete needs: Clean practice clothes daily, wrestling shoes, and athletes with Braces need top and bottom mouthguard

Health:

Do not attend practice or school if sick.

Notify coaches immediately of any injury or skin infection. Concussion protocol will follow KSHSAA guidelines. Hydrate and eat right.

Shower immediately and wash gear.

Competition:

All will compete at every competition (excluding Clark Invitational) as long as they are eligible and there is someone for them to wrestle.

Weight for competitions only matters for matching up with someone near their weight and experience.

We will monitor weight all year to create matchups.

Busing to and from meets will be provided but riding home with parents is allowed when athlete is finished and has checked out. I will have a sign out procedure for doing so.

Support and encourage your student athlete through all of the wins and losses. It is about growth.

Model good behavior and sportsmanship.

Let the coaches coach and officials officiate.

After the contest allow athlete space and time.

Failure is part of success!

Communication:

I will send a weekly email through skyward providing any additional information or reminders. If you have questions please email me and I will be glad to answer.

Aaron Kennedy

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