Mahone
Wrestling

General Information

1. Wrestling practice will begin Monday, October 20, 2014. Practice will run after school from 4:00 - 6:30 Monday-Friday. Please have your ride pick you up on time.

2. Prior to the first practice, all student-athletes must have a current physical to participate in any practices or matches. This physical must be filled out by a physician and filed in the school office.

3. Before the first practice, wrestlers must have paid a $50 athletic fee ($100 cap per student per year).

4. The attached paperwork must be filled out and turned in before the student-athlete will be allowed to practice. The forms are: Athletic Code of Conduct, Risk of Injury, Emergency Contact, Concussion, and Athletic Permission Form.

5. For practice, wrestlers will need gym shorts, t-shirt, wrestling shoes (not provided), and headgear (provided). Mouthpieces are optional (not provided).

6. Match attire consists of a singlet (provided), headgear, and wrestling shoes—NO EXCEPTIONS.

7. To minimize the potential for injury, students may wrestle others within 2 weight classes of their weight at practice. Wrestlers will compete at their weight class in matches.

8. Wrestling team members should stay at the match until all wrestlers have competed. We are a TEAM and want everyone there to cheer for and support each other.

9. To prevent skin conditions, students will need to have at least 2 changes of practice clothes that are washed frequently. Students will need to shower (at school or home) after being in contact with the mats.

10. No horse-play or rough-housing will be tolerated at practice.

11. Wrestlers are expected to attend every practice and work hard. The only way to improve through effort and dedication.

12. Student-athletes will complete weekly grade reports confirming academic success. All are expected to maintain a C- or better in all classes.
Team Expectations

1. All student-athletes must be academically eligible to participate. Any wrestler who has one or more D or F grades will have one week to improve that grade to a C or better in order to compete with the team. Grade reports will be completed weekly.

2. All wrestlers must have a written note, signed by a parent/guardian, prior to the day of an arranged absence. If a wrestler leaves school due to an illness or is absent from school, please bring a note the following day.

3. All wrestlers must attend a full day of school the day of a match. Wrestlers may still participate if part of a school day is missed due to a scheduled appointment.

4. Referrals or conduct detrimental to the team will result in suspension from matches and potential dismissal from the team.

5. Wrestling teams have a large number of wrestlers with limited spots to wrestle. Only those who work hard, attend practice, achieve passing grades, and act appropriately in school will be competing in matches.

6. Practice will be a safe instructional environment. Given the wrestler to coach ratio, inappropriate behavior will not be tolerated.

7. All wrestlers are expected to attend practice every day.
Mahone Wrestling Checklist

Forms and Fees:
1. ______ Code of Conduct
2. ______ Emergency Contact Information
3. ______ Athletic Permission Form
4. ______ Concussion Form
5. ______ Athletic Fee ($50)

Physical:
6. ______ Current physical dated after 4/1/13

Spirit Wear:
7. ______ Spirit Wear order and money

Return:
All forms and money should be returned to Coach Peterson or the office before October 17, 2014. The first practice of the season will be Monday, October 20, 2014. No wrestler will be allowed to participate without the forms completed, fees paid, and current physical. If you have any questions, please use the contact information provided.

Head Coach: Ron Peterson
262-359-8172
rpeterso@kusd.edu

Assistant Coach: Matt Rice
Mahone Wrestling

Fall 2014 Meet Schedule

October 20, Monday - First day of practice. Practice will take place every day from 4:00-6:30. All meets start at 4:30 p.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 4, Tuesday</td>
<td>Home vs Lincoln</td>
<td>Mahone</td>
</tr>
<tr>
<td>November 11, Tuesday</td>
<td>Away vs Lance</td>
<td>Lance</td>
</tr>
<tr>
<td>November 13, Thursday</td>
<td>Away vs Bullen</td>
<td>Bullen</td>
</tr>
<tr>
<td>November 18, Tuesday</td>
<td>Home vs Washington</td>
<td>Mahone</td>
</tr>
<tr>
<td>November 20, Thursday</td>
<td>Away vs Lincoln</td>
<td>Lincoln</td>
</tr>
<tr>
<td>December 2, Monday</td>
<td>Home vs Lance</td>
<td>Mahone</td>
</tr>
<tr>
<td>December 4, Thursday</td>
<td>Home vs Bullen</td>
<td>Mahone</td>
</tr>
<tr>
<td>December 10, Wednesday</td>
<td>Away vs Washington</td>
<td>Washington</td>
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<tr>
<td><strong>December 12, Friday</strong></td>
<td>City Tournament</td>
<td>Mahone</td>
</tr>
<tr>
<td><strong>December 13, Saturday</strong></td>
<td>City Tournament</td>
<td>Mahone</td>
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