

To: Parents/Guardians of 2019-2020 Johnson-Williams Middle School Wrestlers
From: Mark Smith, J-WMS Wrestling Coach

Welcome to the Johnson-Williams Middle School wrestling program. As new and returning team members I want to bring up many areas of concern.

- **Weight Classes:** 75, 80, 85, 90, 96, 101, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
- **Growth pounds:** are given after certifying at a wrestling weight on Nov 21, Dec 12 and Jan 10
- **Injuries:** Report any injury as soon as possible to the coaching staff. If injured practice attendance is required unless otherwise cleared by the head coach. Wrestling is a physically demanding sport. There will be aches and pains during the season. Do not confuse these with a doctor's diagnosed injury.
- **Skin Disorders:** Report any unusual skin rashes or irritation to the coaching staff immediately. Take showers nightly as soon as possible after practice. Do not wait until the next morning or before bed. Use an antibacterial soap such as head and shoulders to help fight fungal growth. Wear clean clothes to practice every day. Or mats are cleaned prior to every practice and with your help we have kept the skin problems very low over the last few seasons.
- **Wrestling shoes:** Wrestling shoes are to be worn on the mats. Stepping into the cleaner pan prior to getting on the mat is a must. Check the supplies print out for places to buy shoes.
- **Weight Control:** Wrestling is very physically demanding 24-7 sport. Care has to be taken with weight control at all times on and off the mat. There are no options with your weight class. If you do not make weight you do not compete for that event. Most important are the night before and day of competitions. Being 1-2 pounds underweight can quickly be changed by one meal or 2-3 glasses of liquid. Liquids need to be monitored very closely. A reasonable healthy dinner is not so much a problem but fluids can quickly create an overweight situation.
- **Schedule:** The schedule has a few all day events on the weekends that will be demanding for the wrestlers as well as the fans. Bring whatever you need to make yourselves comfortable. If you have holiday plans that you will miss a meet or practice please contact me as soon as possible. We will try to practice a few times over the holiday breaks.

Thank you in advance for your time and cooperation. I hope your family's involvement in our program is an enjoyable one for all. I am looking forward to working with you and your student athletes.

If you have any questions or concerns please do not hesitate to contact me.

Mark Smith

Text: 81010 message: @jwmswr

540-446-1159

Johnson-Williams Middle School
Wrestling Team Rules, Regulation & Information
2019-2020 Season

- Practice is after school until 5:15 when school is in session.
- Wear clean cloths every day. (tight fitting not baggy)
- Wrestling shoes will be worn on the mat only. If you leave the matt area you must change out of your wrestling shoes.
- Shower daily as soon as possible after practice using antibacterial soap.
- Use bathroom prior to and after practice not during – NEVER wear your wrestling shoes into the bathroom.
- Head gear should be worn at all practices and has to be worn at all events.
- Singlets and warm-ups are your responsibility. You will pay for the replacements if they are lost.
- Weights will be checked at each practice and prior to boarding the bus for events.
- Report any skin rashes or disorders immediately to the coaching staff
- Parents must sign you out with the coaching staff if you are not riding home on the bus for away matches. If you are riding with another parent a permission slip is required.
- If you have braces a mouth piece (top & bottom) is to be worn during practice and events. You must have your mouth piece at weigh in.
- If you have long hair a hair cap is required to be worn during practice and events. It has to be attached to your head gear. You must have your hair cap at weigh in.
- Show good sportsmanship on and off the mat. No throwing of headgear, no talking to the referee, no gloating. Shake hands with your opponent before and after the match prior to walking off the mat. Win or Lose.
- Only wrestlers and coaching staff are permitted on the mat during practice. Parents can sit in the upper deck or at the stage end of the cafeteria as long as you do not cause a distraction to the practice.
- Weight loss – if your child chooses to lose weight to make a certain weight class, do it sensibly over a period of time.
- Any parent/coach meeting will take place at the end of practice after mats are rolled up, not during.
- Everyone is expected to make all practices and events. If you cannot contact me to let me know.
- The Remind application is the method for the coaches and parents to communicate during the season for updates and changes.
 - Join: <https://www.remind.com/join/jwmswr>