

Washington Middle School

Wrestling Program

Wrestlers and Parents,

The 2009 Washington Middle School Wrestling Season will officially begin Tuesday, October 13. The coaching staff will host an informational meeting and first practice for all those interested in wrestling on October 13 in the multipurpose room.

All interested individuals are encouraged to participate. Unfamiliar with sport? Inexperience making you hesitant? Just be reminded that in a baseball game, one cannot score if one is reluctant to leave first base. The Middle School years are a period in one's life where exposure to new and different athletic activities is common. Besides, the veteran wrestling staff is quite capable of developing and enhancing individual skills in those willing to work hard.

On that point; practices are held every day from approximately 3:45-5:30 p.m. (Changes made necessary due to modified school days will be announced separately). Athletes must provide a ride home following each daily practice and also after days of competition. Practice gear is to be provided by the athlete—it is strongly recommended that each individual have **SEVERAL** (at least 3) sets of t-shirts and shorts so that clean, fresh gear can be worn each day of practice (*good hygiene is critical*). Wrestling shoes are the responsibility of the individual athlete (shoes can be purchased at any sports store, and the coaching staff has a limited supply of extra shoes available). Individuals may provide their own headgear. Competition gear/uniforms will be provided by Washington Middle School.

Team rules and expectations will be addressed at the first practice. The coaching staff will adhere to a strict expectation policy for athletes to remain eligible for participation. Our high expectations will apply not only in the wrestling room and matches, but also in the classroom, around the school, and in the community. We expect you to conduct yourself in a manner that will make your parents, coaches, teammates, school, and community proud. Remember: ***Character is doing the right thing when no one is watching!***

Permission slips, physicals, and fees (\$30 for first sport – 2nd sport is free for 6th graders – 2nd sport is \$25 for 7th/8th graders) may be turned into the coaches, to our Athletic Director (Mr. Danzinger: room 101), or to the PE teachers (Mr. Rojo or Mr. LaPorta in PE office) anytime BEFORE the first practice or the day of the first practice. Should further questions arise, feel free to call the coaches at Washington Middle School.

Sincerely,

Coach Jeff Wiktor 630 801 6838
Coach Eric Concha