

SMS Wrestling News



Pre-Season Meeting

- I. **Meeting date**
First practice: February 1 3:15-5:30
- II. **Equipment**
The school will be providing head gear and a uniform. You will be responsible for practice gear (it will probably be easiest if you have 2 pair of shorts and 2 shirts since they will need to be washed before every practice) and wrestling shoes. If you don't have wrestling shoes at first, you can wrestle in socks but obviously, as matches come about you will need to purchase these. Big Five has some wrestling shoes and a great online resource is www.suplay.com. Like any shoe, you can find wrestling shoes for under \$20.00 and spend over \$100 if you want the newest and lightest.
- III. **Paperwork**
 - a) You will need to return 4 papers to the office. A physical report signed by your doctor, a parent permission form, a concussion form and an athletic code. If you have played a school sport this year ... you do NOT need any additional paperwork.
 - b) Port Angeles School Districts Athletics are pay to play. The first sport they play will cost \$75 (\$50 player fee and \$25 for the sport). The second season/sport they play costs only \$25. There is a cap of \$100 so any additional sport is free. Contact the school office if you are unable to pay these fees. There is additional paperwork if this is the case.
- IV. **Conditioning**
As you can imagine, wrestling is a very physically demanding sport. If you have not already begun conditioning, start immediately. You will need cardio training (running) and strength training. The YMCA has a weigh program they have designed for MS students. I do not personally know its content but imagine it helpful. Please do not use weights without supervision and training. Push-ups, sit-ups and other isometric exercises will help. We will not endorse dieting of any kind but eating smart is important. Please watch what you eat, limit junk food and soda pop. We will talk about nutrition during the season.
- V. **Grades**
As you prepare for the upcoming season, remember academics. At a minimum, you must be passing all of your classes. You will be working very hard after school everyday. You will be tired and hungry after practice. This is not a time to try to play catch-up. **BE CAUGHT UP.**
- VI. **Experience**
None needed. Be willing to work hard at practice and in the classroom. All other skills are a bonus!!

We are excited about the upcoming season. We'll work hard, get in shape, learn lots, have fun and represent our school with class and pride.

The SMS Coaching Staff