

**Wrestling Parent Letter 2011-12 Season**  
**Mapleton Jr. High / Champions Wrestling Club / Middle School Division (4<sup>th</sup>-6<sup>th</sup>)**

Dear Parents,

This letter is your reference guide. Please email or call if you have questions ([craiglamont@me.com](mailto:craiglamont@me.com) or 801-380-8828). It is my personal goal to provide a positive experience. I am the head coach for the Jr. High/ Middle School teams this year.

**Sportsmanship:** Please read this Parental Commitment and commit to it during our season:

*Parental Commitment*

*As a parent I hereby commit that I, and any other related or unrelated significant other that I allow to support my wrestler, will demonstrate good sportsmanship. I understand that I could be asked to leave the premise and not return if I do not demonstrate good sportsmanship. I also understand that my wrestler may not be allowed to continue in the program if I as a parent cannot live up to this commitment. Specifically, I will not yell at, degrade, argue with, fight with, threaten, or otherwise torment referees, coaches, other parents, or wrestlers (including my own) during practice, competition, or any other time.*

**Mapleton Jr. High Team:** The Jr. High team is all 7-9 grade Mapleton Jr. High students and local home, private or charter schools. Nebo school district sanctions wrestling and requires this separate distinction. The MJH team is a school team and will compete during the weekdays from mid November through mid January and will have their own daily practices. MJH Wrestlers are automatically members of Champions Wrestling Club but are not required to pay any club fees to join.

**Middle School Division:** Fourth, fifth and sixth graders are considered “middle school” division in wrestling terminology across the state. So even though our local district has these grades in grade school, they are part of our middle school team. All 4<sup>th</sup>-6<sup>th</sup> grade wrestlers are part of both the city recreation program and are part of champions wrestling club. They will practice together daily.

**Champions Wrestling Club:** The club is what we compete under during the weekend tournaments for both Jr. High age divisions and middle school age divisions.

**COMMUNICATION:** Changes to the schedule and announcements will only be posted on [www.championswrestling.com](http://www.championswrestling.com). You should subscribe to the automatic email service on that website to receive an email whenever an announcement is posted. After you subscribe, the site will send you a confirmation email. YOU MUST REPLY to that email or your subscription will not take place. When a notification of a change in the calendar is sent out, please replace your printed version.

**Team Rules and Expectations:** All Mapleton Jr. High Athletes must maintain a 2.0 GPA to be eligible to compete at Nebo events. All wrestlers no matter the grade should bring me a copy of their grades. Please inform me if your wrestler is failing any class so that I can encourage him personally.

I expect that the wrestlers will not consume ANY soda pop, caffeinated or otherwise, during the season. I expect good nutrition. I expect that the boys may want to ski or snow board. I am OK with that but I strongly advise skiing instead of boarding due to injury. Swearing, fighting, sexual talk or gestures, hazing, or bullying is not allowed on this team.

**Practice:** Wrestling requires time to gain competence. We practice daily through the winter season. We will not have practice on days that Nebo School District is not holding school (non-school holidays, teacher prep days, weekends). We do not have practice on days that either MJH or the club has competitions scheduled. We will sometimes not have practice when other major wrestling events are happening that I want to replace practice for. For example, high school matches, college matches, all-star matches etc. Otherwise plan on your child practicing daily.

All practices will be held in the MJH wrestling room\* (this room will not be complete until mid-November so until, we will be practicing at Mapleton Memorial Hall and the start time will be 15 minutes

later than this schedule reads for MJH students.

Days of the week	MJH Start time	MJH End Time	Club Start time	Club End Time
Monday/Tuesday	3:00	5:15	3:45	5:15
Wednesday	2:15	4:30	3:45	5:15
Thursday/Friday	3:00	5:00	3:45	5:00

**Insurance/Membership Card:** All club, city recreation, and Jr. High wrestlers MUST have a USA Wrestling Membership card to participate. There are three versions of membership. A limited Folk style membership for \$15.00 will cover all but one tournament this season. The full membership is \$40.00 and that covers all in state, out of state and out international events for all of wrestling for a year. There is also a \$100.00 version that gets extra gear, discounts, and various perks but is not required. You must go to [www.themat.com](http://www.themat.com) and under membership purchase this on-line. You may upgrade from one level of membership to another without penalty at any time on-line.

**Season:** The season starts October 24<sup>th</sup> and will continue through the first weekend in February. One week after the season ends, the club will start spring wrestling season. Those interested in continuing to train may sign up for the club for spring and summer practice and competition.

**The Caleb Williams Memorial Tournament** (in honor of the late Caleb Williams from our club) is the tournament we host on November 19<sup>th</sup>. This is partially subsidized by the city recreation programs and also works as a fundraiser for our local high school teams. So instead of paying the \$12.00 entry fee, it will only cost wrestlers \$2.00. I will send out an electronic coupon code for this event during the week of the tournament. Each parent will need to sign up on-line for this event and it is expected that all will compete. Links to registration is on our website and the state website. Make sure your team name is Champions Wrestling Club when you register. Please do not register and then not show up. Please don't show up Saturday if you have not registered. REGISTRATION closes on the Thursday before the tournament.

**Other weekend competitions:** All other Saturday tournaments are optional and will cost more money to enter. These are not sanctioned by Nebo school district and so we will enter as Champions Wrestling Club. Most are on-line registration at [www.trackwrestling.com](http://www.trackwrestling.com). There is no charge for spectators at most of these tournaments. Our team coaches will attend tournaments. The state tournament and the Super State tournament (a very fun tournament with awesome awards) are the last two weeks of the season. These are the most important tournaments and I suggest making these weekends a priority.

**Mat Care:** DO NOT bring pop, Gatorade, or other drinks into any wrestling room during competition or practice. Water bottles are allowed and encouraged. For sanitation reasons, when you come to watch practice or cheer during competition, please do not wear your street shoes on the mats. Parents and loved ones should remove their shoes if they walk on the mat. Do not place chairs or other objects on the mats. They are easily damaged. NO HIGH HEALS, NO STROLLERS, NO WORK BOOTS!

**Support** your wrestler at the competitions by being present or sending another significant other to cheer for him. Please call me if your wrestler cannot show up to compete. If your child decides he wants to quit wrestling, please call me and allow me to speak with him before you allow him to quit.

**Gear:** Your child is not required (but is encouraged) to wear a uniform to compete. You may purchase singlets, wrestling shoes and headgear at sporting goods stores. A coupon to scoreboard sports in Orem can be downloaded on the club website. Clean T-shirts and shorts are appropriate practice attire. Levi cut-offs are not allowed. No jewelry of any kind is allowed.

**Hygiene:** Wrestlers should come to practice with headgear, wrestling shoes, a clean T-shirt and shorts. Please do not allow wrestlers to wrestle in clothes that have not been laundered. Please have your wrestler

shower immediately after practice and competition. Do not allow your wrestler to participate in practice when they are sick or have skin disease.

**Weight Management:** Losing an excessive amount of weight is not allowed. Wrestling has a long history of this unhealthy practice and there is a nation-wide effort to stop it. Do not encourage weight loss for wrestling unless your child is medically overweight. I will assist wrestlers in need of small amounts of weight loss with healthy and safe weight management techniques.

**City Recreation:** 4<sup>th</sup>-6<sup>th</sup> grade athletes are part of the city recreation programs. Please know that Springville and Mapleton Cities have both been supportive of wrestling. They have agreed to allow Champion's Wrestling Club to actually be the vehicle for their City Recreation Program. Parents should be clear that the "middle school" division of our club is a city recreation program and a club program all in one. This saves families hundreds of dollars per boy and allows for a more complete and quality program. It is important to note that Champion's Wrestling Club does not pay any coaches or benefit financially from running the City Recreation program. Please know that I need volunteer help from parents. Please let me know if you are willing to help.

**Coaching:** Please encourage your wrestler to call me Coach LaMont. I expect my wrestlers to respect me as an authority figure. I will be pushing them in difficult ways. If you have concerns or questions, please call or email me after practice and discuss them with me. I am a licensed Marriage and Family therapist and have expertise in teens and families. I am also a certified athletic trainer. I am a certified coach in multiple sports and am qualified to coach this team. I want each parent to know that I am committed to building character first and wrestling skills second. Winning is not as important as developing character. If your wrestler gets involved in trouble during or after the wrestling season, I expect to be a part of the solution. If your wrestler gets violent with others outside of wrestling, I expect to be informed of this also. In order for you wrestlers to compete on this team, they must have satisfactory grades.

My assistant coaches are all qualified and are exceptionally talented coaches. Please let me know if you have any conflicts or problems with my coaching staff.

**Team goals:**

- 1) Team Unity
- 2) Learn sportsmanship. Wrestling is a sport of honor. I expect each wrestler to demonstrate excellent sportsmanship at all times. Parents are the primary example of sportsmanship. If the following rules are broken I will ask parents to leave the room or competition.
  1. No negative taunting, yelling at, engaging with, or mocking other teams, officials, or parents.
  2. Please continue to be a good example of sportsmanship by not talking negatively about other teams, referees, teammates or coaches. Especially in your car or home.
  3. Enthusiasm: Learning how to get excited, to cheer, and to manage adrenaline.
  4. Teamwork.
  5. Be positive about your wrestler's strengths and focus on his progress, not his weaknesses.
- 3) Learn basic skills.
- 4) Conditioning & strength.
- 5) Have fun.
- 6) Build character and teach life skills.
- 7) Build respect in the community.
- 8) Create an identity in each wrestler so they see themselves as a wrestler.
- 9) WIN A STATE TITLE!

Thank you,  
Coach LaMont