

Important Information for Parents of Middle School Wrestlers

Practice Times

Generally, practice will run from 2:30-4:00 Tuesday, Wednesday, and Friday in the High School Gym. We start at 2:30 to allow wrestlers to take care of any school-related business before practice. However, wrestlers who don't have any should come to the gym by 2:15 to help roll out and clean the wrestling mats.

If your wrestler is going to be late for or miss a practice, please give advance notice. Wrestlers who miss practice without a good reason will not be allowed to compete.

Parents are welcome to come to practices, and we encourage you to let us know what you think. However, please don't offer comments during practice. Let the coaches coach and wrestlers wrestle.

Hygiene

We don't want any skin problems. We wash the mats with disinfectant before every practice, but that won't help if the wrestlers have skin infections.

- Have your wrestler shower *immediately* after each practice and competition.
- Don't re-use practice clothing without washing it first.
- Air out shoes, kneepads, and headgear. Don't leave them in a gym bag or locker.
- Report any potential skin infection immediately to a coach.
- Do not wear street shoes on the mat. If you don't have wrestling shoes, then designate a pair of sneakers or running shoes as your wrestling shoes and keep them clean.

Safety

All jewelry, including earrings, studs, watches, bracelets, belt buckles, etc. must be removed before practice.

Glasses must be removed for wrestling. We'll allow sports safety glasses in practice, but they are not allowed in competition. Contact lenses are recommended, if possible.

Practice clothing should consist of shorts or sweatpants and a T-shirt. It's a good idea to have a sweatshirt for warm-ups and to wear after practice.

The school provides headgear, or you may supply your own. Headgear must be worn in "live wrestling" practice and in competitions.

It's a good idea to get a pair of wrestling shoes. They should be snug but not tight, and there should be no or very little space at the toe. It's also OK to wrestle in clean sneakers or running shoes, but they won't perform as well as wrestling shoes.

Any wrestler who has an epi-pen, albuterol inhaler, or other emergency medical device should see the school nurse so that we can have one in the medical kit in the event of an emergency.

Any wrestler who sustains an injury either inside or outside of practice should tell a coach.

Web Site

The web site CarverWrestling.org has information and up-to-date schedules. It's a good idea to check the schedule at least twice weekly for changes.

Parents of first-time wrestlers should probably look at the "FAQs" section of the web site.

Competitions

We'll be competing at 3 or 4 Sunday tournaments this year, one of which is in Carver. Typically, we leave very early Sunday morning and get back by mid-afternoon.

We'll also have several dual matches and/or scrimmages. These are typically after school on weekdays. We're in the process of setting these up and will post them on the web site.

Discipline

The Carver wrestling program has traditionally been not only extremely successful in competitions, but has also traditionally been a good, healthy place to be. We stay healthy, work hard, are supportive of all the members of the team, and have a lot of fun. However, for their own safety and for the good of the team as a whole, wrestlers have to listen to and follow the instructions of their coaches. If a wrestler exhibits discipline issues, the coaches will talk with his or her parents. If that doesn't resolve the issue, the wrestler is off the team.

Contact

If you have any questions or concerns, contact Coach Dewhurst at scd@semantics.org, or at 508-866-9400, or drop by practice.