

Spanish – Diamond Fork Jr. High Wrestling
Registration and Season Information

Head Coach: William X. Barron – C 207-837-3223, H 801-754-9865, bx4barron@gmail.com
Asst. Coach: Eric Fraley, C 505-916-6006, eric.a.fraley@gmail.com

REGISTRATION: Forms are available at the main office or on the school website. Completed registrations with the \$45 fee attached need to be delivered on or before the first practice (Monday, October 26th). Sign up for the "jr. high team"; ignore the additional registration listing for the club and other school teams. In addition to the basic fee, if an athlete already has a singlet, he may elect to use it or purchase a new one. Wrestlers who do not already own a singlet need to include the additional \$35 for singlet and t-shirt, which we will order at a group discount. If there are financial limitations which would affect participation, please contact your school principal or athletic director.

SCHOOL PERMISSION WAIVER: Parents must also fill out and sign an athletic permission form available from the main office or on the NEBO District website.

PHYSICAL: Students who have a current form on file are all set. If a student has previously submitted a form, then parents may update the information and re-submit. If a physical has not been filed with the district, a physician must evaluate the student and sign the school form.

INSURANCE: For \$10 through www.utahwrestling.org, each wrestler must be registered through USA Wrestling for insurance which covers participation in all matches and tournaments. Those wrestlers who continue with USA Wrestling events during and beyond the season will receive a \$10 rebate on their year-round USA Wrestling insurance (\$37).

FIRST PRACTICE / PARENT ORIENTATION: The first full practice will be held from 3:15 – 5:15 pm at the Spanish Fork Jr. High wrestling room. Diamond Fork students are responsible for walking, biking, or getting a ride to SFJHS in time for the beginning of practice. Registration which has not yet been completed and any parent questions will be answered in person at 5:00 pm in the wrestling room (attendance optional if the required forms have been submitted).

DAILY PRACTICE: Practice on Monday/Tuesday/Thursday/Friday will be from 3:15 – 5:15 pm. As Wednesday is an "early out" day, practice will be from 2:30 – 4:15 pm.

ATTENDANCE: If a student will be absent from school, please email one or both coaches in addition to the main office. If the student is at school that day, but needs to miss practice for a personal or family reason, email the coaches, preferably in advance. Attendance at every practice is expected, but we will work with individuals and families as conflicts arise.

EQUIPMENT: Students are responsible for providing their own wrestling shoes and headgear. Optional gear may include knee pads and antibacterial soap to combat fungal issues. Students should be prepared to shower at school after practice. For best hygiene, it is recommended that students do not wear the same shirt, shorts, and socks until they have washed prior to the next use. If the local sporting goods store does not carry wrestling gear, there are a number of online companies which can be found through Google (under "wrestling equipment").

SCHOOL MEETS: The season schedule is being confirmed and will be available on the school website as soon as it is finalized. In general, the large meets will be on the weekend, with a few "fun" matches on designated Tuesdays (approximately 5:00 – 8:00 pm). Certain Saturdays will be school meets, either a dual meet tournament (with selected wrestlers representing each weight class) or an open meet where anyone can participate.

INDEPENDENT OR CLUB TOURNAMENTS: On Saturdays where there is not a designated school meet, there will be tournaments which are open to any competitor. However, as there will be no school association with these meets, wrestlers are responsible for getting themselves registered as well as arranging for their own transportation to and from the site. There may or may not be a school coach in attendance.

TRANSPORTATION: The district will provide transportation to and from designated school meets. Expect Tuesday tri-meets to leave the school around 3:00 pm and return between 8:00 – 9:00 pm. Saturday meets will leave early morning (approximately 6:00 – 7:00 am) and return late afternoon or early evening. In order to coordinate team arrangements and determine attendance, students will be transported to the match as a group; parents in attendance at school meets may transport their students directly home from the site,

WEIGHT MANAGEMENT GUIDELINES: Wrestlers will be responsible for managing their individual nutrition and exercise programs. We will provide guidance as to proper management, but we will not encourage weight loss or gain. However, there are designated weight classes for certain meets, and it will be up to the individual competitor to establish safe and reasonable norms. However, if an individual exceeds recommended guidelines or seeks to establish his weight in an unsafe manner, the coaches may need to establish certain requirements which may include limiting an individual's participation until safe guidelines are maintained.

JR. HIGH WT. CLASSES: 70,75,80,85,90,93,96,100,104,108,112,116,120,124,128,132,138,145,155,170,190,210,265