

Dear Parents & Wrestlers:

Attached is the attendance and record file for the wrestling team. I have no secretary other than myself, so there may well be omissions or inaccuracies, for which I would appreciate an email. As for the Excel chart, it lists the first week's attendance, some of which changed in the second week; if you or your son has had second thoughts about his participation, let me know ASAP so we can account for him as well as refund your participation fee. After Friday, Nov. 13th, there will be no refunds. Attendance has been averaging around 40 participants, however not all the same individuals each day. From this point forward, it will be expected that if a student is on the team, he views practice as a commitment, meaning that he is there every day for the entire practice, with notification by email from a parent excusing an individual for illness or a family/personal conflict such as Scouts or church.

As you review the document listing forms and payment received, be advised **PAYMENT AND FORMS MUST BE RECEIVED FOR MEET PARTICIPATION ELIGIBILITY**. Please have students turn in all payment to the financial secretary at the school office and turn in any remaining signed forms directly to me. The 3 sets of documents required are a 2-sided club participation release, a 3-page district release for transportation and athletic participation, and the health form required by the UHSAA. The latter two documents are available on the NEBO website; the club participation form is on the school athletic website and in the main office of both schools. If your son previously participated in a school-sponsored sport, you can fill out Athletic Physical Form B; all others must have Form A signed by a physician (if the student has had a physical in the past year, the doctor can fill out and sign the form without another appointment). Thank you for your cooperation!

As for the lines on the form, here is the explanation for the abbreviations:

M-TU-W-TH-F > Daily Attendance; LAST NAME, FIRST; Grade / SCHOOL / EXPERIENCE / CLUB Form / Parent Release / Health Form / PAYment / SINGlet Size / T-Shirt / NOTES / Meet Attendance #1, #2, #3, #4, #5, #6

The size of the singlets tends to be on the small size, because they stretch; if you and/or your son feel we have his size listed incorrectly, then please let me know. If you paid \$35 for the singlet/t-shirt package, you got a bargain, as the total cost to us will be \$43. For those who did not pay for a singlet, we will have team uniforms available.

Please review the weekday and Saturday schedules.

- For the local meets on Nov. 10th and Dec. 1st, we will ask students to work with their parents or carpool with other students; as district employees, the coaches are not allowed to transport students in their personal vehicles. These meets are not required, but highly encouraged. If any parents are interested in helping coordinate these transportation efforts, please do so.
- For the NEBO dual meets on Dec. 15th and Jan. 19th, we are working on how to get everyone to these meets. It will either be through parent carpool or school bus.
- For the Nov. 18th meet at Juab, we will be using a school bus, leaving Spanish Fork JHS at 3:00 pm, wrestling from 5:00-8:00 pm, returning around 9:00 pm. If your son will be unable to attend this meet, please let us know well in advance.
- Saturday tournaments are separate from the school-sponsored meets. For those wrestlers seeking additional competition, you are strongly advised to take advantage of these meets with competitors from all over the state. See the sheet for details on registration. Typically meets will begin early morning (7-8 am weigh-in) with wrestling beginning around 9-10 am and lasting until an individual is eliminated by two losses or until the place-winning matches anywhere from midday to mid-afternoon.
- The Saturday, Nov. 21st tournament at Maple Mountain High School - dedicated to the national champion Mapleton junior wrestler who recently lost his life - is FREE to those who have paid the \$45 club registration fee. Wrestlers intending to participate in this meet must tell us by Wednesday, Nov. 19th of their commitment to this meet, so we can pre-register them.
- There are 3 Saturdays where we will be taking a Spanish Fork club team, which will be comprised of the best individuals in specified weight classes (where there is interest and even quality, we will take two wrestlers at certain weights). For these meets in particular, we will need a coordinated effort of parents involved to insure that all qualified participants have transportation to and from the tournament.

Personal Background: I have been involved in coaching and officiating wrestling to youth since my high school years in Colorado, where I worked with the elementary wrestlers for 3 weeks each spring. Wrestling at every junction has defined 42 of the 53 years of my life; now my every effort is focused on the sport which teaches that character is who you are when faced with adversity. I also coach soccer and track, have taught English for 30 years, and have a Masters in School Counseling.

At Colorado College from 1974-78, I was head coach of a K-8 parochial wrestling team as well as a high school assistant and varsity official. In 1980 I moved to New Hampshire for the next 18 years, as the founding coach at Cardigan Mt. School, a boarding middle school for grades 6-9, as well as director of the largest and most competitive New England youth tournament with 27 teams from 7 states and Montreal. During that tenure, 3 CMS wrestlers went on to be High School All-Americans. For the next 10 years, I was head coach at Hyde School (grades 9-12), as well as president of the New England Independent School Wrestling Association. A writer as well, Wrestling USA Magazine recognized me as National Editor-of-the-Year in 2006.

I come to the mountains and valleys of Utah with a passion to re-inspire the wrestling tradition in a Spanish Fork community known for its tenacity and its resilience. Practices are open to those who have interest in observing or assisting. Please share your ideas and thoughts as we progress in this joint success venture. We are also fortunate to have 3 full-time college graduate assistants, all of whom wrestled in high school: Eric Fraley, Tyler Zollinger, and Derek Hillman (whose brother Bryce has emerged as one of our early leaders).

William X. Barron, Head Coach > “EDU-ACTION: We learn what we do.”

MAIL: 620 S 100 E, Mt. Pleasant, Utah 84647 – E-Mail: bx4barron@gmail.com

Home (Vonage): 801-754-9865 (call first until 1 pm weekdays; after 4 rings, it will connect to cell)

Cell: 207-837-3223 (lengthy calls after 7 pm MST or weekends)