

### IMPORTANT INFORMATION

1. Check our website and Emails for all current information including our calendar.  
Mountainsidewrestling.com
2. Mandatory **parent meeting on Tuesday Nov. 19th at 5:30 in Room 62**. It is important that all parents and wrestlers attend this meeting.
3. Please check our practice/competition calendar (also on website). We will notify parents and wrestlers if changes occur by email.
4. Wrestlers are required to wear appropriate gear at every practice and **MUST** wash all gear (including knee pads) every night.
  - a. Gear from the past two years are available for purchase. Shirts/Shorts \$15 each.
5. Weight- You will not be able to go lower than the weight recognized by the computer. The computer puts all wrestlers on a safe weight loss plan. This really helps eliminate concerns about "weight cutting". As a coaching staff, we definitely **DO NOT** advocate for significant "weight cutting". We would like to add that losing a few pounds during the season is natural due to consistent exercising and a proper diet. Some wrestlers have minimal body fat. If, during the testing, your son is found to have less than 7% body fat, then you will need to have a doctor sign the release form allowing him to wrestle at the weight he was during the test. **First Hydration test is Tuesday, Nov. 26th before practice.**
6. Diet- Once a wrestler is put into the computer and we receive his identification number, you can check his sample diet on the OSAA website ([osaa.org/wrestling/owwmp.asp](http://osaa.org/wrestling/owwmp.asp)). Athletes should not eat junk food such as pop, chips, candy etc.
7. Wrestlers should get plenty of sleep every night.
8. Wrestlers will be required to volunteer at a minimum of two Mountainside Wrestling Club practices this year. Wrestlers will earn service-learning credit for each hour helping our youth. Practices are after our high school practices. Mondays and Wednesdays: K-4th- 6-7:00 PM/5th-8th: 7-8:30
9. Weekly awards/recognition will be given on Mondays for those who are showing leadership on the team by practicing hard, best match, quickest pin, etc.
10. We mop the mats every day, but if a wrestler does not shower then he is not doing his part in stopping the spread of disease. You **MUST** shower at the end of practice! You must use antibacterial soap. You cannot wrestle with skin infections.
11. **If a wrestler gets a skin infection, we need to know immediately! You need to use the official document provided by us in this packet (also on the website and online at [osaa.org](http://osaa.org)). The doctor must fill this out and sign the earliest date that you may return to participating. Get on medication immediately, the oral pill (not cream) will help wipe the infection out of the system much quicker (may need to request). This will allow the wrestler to get back on the mat ASAP without spreading the infection. You must return the official form to Coach Phillips in order for you to practice and/or compete (make sure the doctor has filled out the earliest date to participate). Again, washing immediately after practice with antibacterial soap, washing your clothes daily will help the entire team avoid infections.**