



Dear Mountain Side Wrestlers and Parents:

Welcome! The coaching staff and I are very excited to get our season started. We are excited about this year after all that we accomplished last season. It was a great second season, and one that we should all be proud of. We finished third as a team in the metro, had two individual district champions and took nine wrestlers to the state tournament. We have elevated our expectations for this season!

One of our main goals is to develop not only great wrestlers but to help develop our wrestlers into great human beings. We want our wrestlers to excel on the mat, in the classroom, with family and friends, and be an overall productive and positive member of society. We want our wrestlers to know what hard work, dedication, discipline, resiliency and being a part of a team looks like. We want them to be a better person and wrestler than the day before. It will be essential for our team that our wrestlers develop these skills and work habits.

I ask that wrestlers and parents pay attention to all of the information in this packet. All information can also be found on our website: mountainsidewrestling.com. All of your questions can be answered inside this packet. I want to emphasize the importance of **Attendance** and **Grades**. Staying on top of these two things can help all of us throughout the season.

Again, we are very excited to get this season started and we look forward to coaching your wrestler and helping them achieve our team goals as well as their individual goals this season.

Coach Phillips & Coaching Staff

Highlighted Information For You

- Almost all of the detailed information that you will need is in this packet, including the practice schedule for the year. Please plan vacations and appointments accordingly. We would like to see your wrestler at every practice. Please pre-arrange any absences, and if they are sick, please let me know prior to 2:30.
- Information is also available at our website: mountainsidewrestling.com
- Our Hydration testing will take place on Tues. Nov. 26th before practice. It is extremely important that everyone is present.
- Team unity is extremely important to us, and we would like everyone in the same team gear. We are requiring that all wrestlers have this year's Team Sweatshirt and Sweatpants.
- Fundraising: We will be involved in two fundraisers this year. For our main fundraiser, we will be working with Adrenaline Fundraising selling Gold Cards that have discounts to local merchants. This fundraiser will run from Friday, Nov. 22nd to Monday Dec. 2nd. Our second fundraiser will be Selling Business Cards for our team poster. Cards will be due Friday, Dec. 6th. Both of these fundraisers will help us pay assistant coaches, pay for team gear, and pay for items that we would like to add to the wrestling program.
- We would like to have Parent Unity as well, and would love it if we could all be sitting and cheering in the stands together in the same gear. We hope that you purchase parent team gear as it will help support us as a team overall.
- Our goal is to have all of our wrestlers clean of drugs and alcohol and be respectful of others during our season, and throughout the whole year. All Mountainside wrestlers must sign the Drug and Alcohol Policy which is in this packet.
- Confirmation Pledge: We ask that all wrestlers and parents go through our team packet, and sign and return the confirmation pledge acknowledging they have a clear understanding of our team rules and expectations.
- Please help your student athlete monitor their grades and have no missing work.
- Please help your student athlete with attendance issues (excusing any missed school days by calling the attendance office and calling/emailing me if they will be gone from practice).
- Please make sure your wrestler is at practice unless they were absent from school. All wrestlers are expected to be at all practices. If they are hurt, they should still be at practice to watch. We will be practicing during Thanksgiving break and Winter break; we ask that you help get your wrestler to all those practices. This is a great time for us to make big strides.
- Please make sure your wrestler is showering with antibacterial soap immediately after practice. We have 10 shower stalls in the locker room, it is best to shower right after practice. Great hygiene is the best way to avoid skin infections.
- A flyer has also been included about best practices to avoid skin infections from the OSAA. We have also included information about Hibiclens, which is a surgical scrub soap that helps kill MRSA, Herpes, etc. It can significantly reduce the chances of skin infections and outbreaks. It is FDA approved and very effective. Hibiclens can be purchased in the first aid section of your local Walmart, Walgreens, Rite aid. Etc.
- We will be starting practices at 2:50 and they will be done as close to 5:00 PM as possible. Tuesdays, we will have an additional practice from 5:15-6:00. This practice is for anyone who missed part/all of a practice from the previous Tuesday-Monday. It is also for anyone that wants to get extra work in.
- Please fill out the transportation form (All teams are required to do this from our Athletic Director) in case there is a problem with securing a bus.

Mountainside High School Coaching Staff

- Brett Phillips- Head Coach, PE/Health Teacher. 15 years coaching experience, 2nd year as Head Coach at Mountainside. 3X Oregon State Champion at Cascade High School, Wrestled 2 Years at Oregon State University.
- Mike Matthews- Science Teacher. Wrestled at Collinsville High School in Illinois, was All Conference and All Area Wrestler. 10 Years Coaching Experience at both High School and Middle School levels. Was Team Illinois National Middle School Coach.
- Jason Appleton- 9 Years coaching experience, District Champion and State Placer at Southridge High School, 2 X National Qualifier at Southern Oregon University.
- Mitch Cousins- Wrestled at Banks High School, 8 Years Coaching Experience with the Banks Youth Wrestling and McMinnville High School.
- James Lybarger (Youth Coach)- Wrestled at Roseburg High School and Southern Oregon University. 13 Years coaching experience at both the Youth and Middle School Levels. Copper and Bronze Certified USA Wrestling Coach.
- Steven Sanderson- Individuals & Societies Teacher. 16 years coaching experience at the youth, middle and high school levels. Wrestled in the Army while stationed in Germany. 2 X HS State Qualifier in California.