

WELCOME TO KENTRIDGE WRESTLING

Welcome new and returning parents to the 2019/2020 Wrestling Season! The Booster Club wanted to share some information with you to help make the season a little less hectic (especially for new parents and wrestlers) by being informed.

Team Web Site: <http://www.kentridgewrestling.com/>  check the website for important dates, schedules, find current news and information, team documents, meets and tournament results, post season history, plus you can view and upload photos/video links.

Practices: Coach will have a schedule, but generally plan on 4:30pm – 8pm, Monday – Friday (unless there is a school meet). Practices tend to run long, so if picking up your child, have them call/text when practice is over.

Hygiene: (EXTREMELY IMPORTANT) Wrestlers are known for sharing germs. Please keep your wrestler home from practice if they are ill, so they do not infect others. Also, Ringworm is a highly contagious fungal skin infection that is prevalent throughout the wrestling community, as is impetigo (a staph infection). Ringworm or any other skin infection will prevent a wrestler from participating in tournaments. Hygiene is extremely important to reduce the potential of coming down with any type of skin infection. Helpful hints:

* Launder all clothing immediately following practice and tournaments.
* Wash wrestling shoes periodically. You may want to invest in a boot drier that dries the shoes and helps kill the bacteria (and smell).
* Shower directly after each practice and tournament and use an antibacterial soap such as Dial Gold.
* If your wrestler uses a backpack/sport bag to keep their gear, it’s best off counter tops or furniture.
* Every wrestler needs to wipe down after each match at tournaments with baby wipes provided by the parents.
* If your wrestler develops a skin infection, he/she will need to see a doctor, get treatment and have a release form filled out and signed before he/she can wrestle at practice or competition. See the web site for a link to the WIAA skin infection release form.

Feeding your Wrestler: It is typical for wrestlers to “watch their weight” during the season to ensure they make the appropriate weight class. Keep plenty of healthy foods around the house. Watching the scale is normal for wrestlers, but can be aggravating for parents.

Car Pooling: KR will only provide transportation (school bus) for out of district school meets. There is no district transportation to/from tournaments. Therefore, carpooling is a must for working parents. If you are unable to get your wrestler to a meet or tournament, arrange to car pool with another parent or wrestler. If you are unable to help out with car pooling, we ask that you or your wrestler provide gas money.

Tournaments: Don’t be late for your weigh-in! Your wrestler will not be able to participate! Make sure to send plenty of food with your wrestler as tournaments last all day. Generally, the weigh-in will start around 7 am, with the first match beginning around 10 am. Since the wrestlers do not eat before weigh in, so they will need a light breakfast, lunch and snacks to keep their energy up after each match. Healthy foods are the best! Consider sliced fruits and vegetables along with proteins such as peanut butter, turkey, etc., AND PLENTY OF WATER. **Parents** – be ready for a long day - you may want to bring food for yourself too! Most tournaments have concession with typical concession type foods. If you have pets that need to be let out of the house throughout the day, make arrangements with a neighbor, friend or family member to help. This will reduce your stress when tournaments run into the evening hours.

Wrestlers need to keep personal belongings with the KR group of parents in the stands. Many bring expensive headphone, cell phones, laptops, etc. and we don’t want to see any of these items come up missing.

Wrestlers need to have some money with them if parents are not attending. There may be times the team will stop for dinner after a tournament.

Parents – there is usually an admission charge at the door for school meets and tournaments. Each school charges differently so plan on at least $6 per person.

Most importantly- have patience! Your support is important to your child and their success. Wrestling is not just physical, but also a very mental sport. It’s important to provide your support not only when they win, but also when they lose,

Let’s all have a great season! GO CHARGERS!