

Girl's Wrestling Practice Guidelines

Aug. 22-Oct. 27 off season practice during the second half of the class period.

Physicals must be completed AND turned into Coach Wilson (formerly Coach Evans). This must be done ASAP.

The towel fee is \$24 for the year, payable by cash or check to Martin High School. This is per AISD policy.

Starting Tuesday, Aug. 23rd, all wrestlers will report to Gym C, dressed out, and with homework, by 1:15 pm. At 1:45 pm, you will be released from study hall, and will have 5 minutes to put up your homework and report to Gym C ready to work out.

During Study Hall, there will be no talking, no headphones permitted, and you MUST be working on homework. Our goal is to have a 100% passing rate. If a teacher has agreed to tutor you during study hall, that's great, just bring a pass, and you will be permitted to go. Those arrangements must be made prior to study hall.

Oct. 11th – The season begins, as well as after school practice.

Practice will be from 3-5:00 pm. There may be morning conditioning twice a week during the season. If working, please inform your employer that you will not be available until after 5:30 pm.

If you rely on bus transportation to and from school, please arrange for a ride home after practice.

There will be no practice from Dec. 23 – Jan. 1. 2012.

Expectations:

- 1) Be at practice every day ready to work. You should be in clean workout clothes, and have the proper shoes.
- 2) If you have to miss practice for any reason, call your coach. Don't leave word with another wrestler, or one of the boy's coaches.
- 3) If you are single blocked, you will be expected to attend the morning workouts, or make up your conditioning after practice.
- 4) If you are injured, you are still expected to be at practice. See a trainer before going to see your own doctor.
- 5) Shower after practice! Don't wait until you go home. Showering immediately is the best prevention against skin diseases.
- 6) If you miss practice, even if it is excused, you will make up practice the next day with extra conditioning.

I created a new interactive wiki page for the Girl's wrestling team at <http://mhslww.wikispaces.com>. I will post information there regarding change in practices, morning workouts, forms you need, and scheduling. My hope is to be able to update it during tournaments as well.

I'm looking forward to a great year!

Coach Barnes

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Student Signature _____

Parent Signature _____