



Diamond Lake School District 76

Embrace Empower Excel Each Child Each Day

2024 West Oak Middle School Wrestling

Schedule:

Practices will take place 4 days per week (Monday, Tuesday, Wednesday, Thursday) from 3:30 – 5:00 unless we have a competition. We will also typically practice on Fridays when we have a Saturday meet the following day.

It is important that all participants attend practice daily. If you know you will be unable to make it to a meet or practice please let us know as soon as possible. Unexcused absences from practice may result in loss of competition opportunities.

Important Documents

Each wrestler must have the following up to date documents turned in order to practice and compete:

- Signed concussion protocol form
- A current (within the last calendar year) sports physical on file with the nurse. Make sure it does not expire before March 11.
- Parent/Guardian Contact information sheet
- Agreement to Participate
- Athletic Fee paid to the office (\$75 for 5-8 graders who will compete on the interscholastic team, \$20 for 5th graders who only wish to participate on an intramural basis)
- Remind App Permission (only if wanting to use for communication otherwise not required)

Equipment Needs

- Each wrestler will be supplied a wrestling singlet and headgear for competition. If the wrestler has their own headgear they may use that instead.
- Each wrestler must supply their own shoes. Wrestling shoes are best, but any athletic shoe will be acceptable as long as they are only for wrestling and have not been worn as street shoes. If this is an issue please contact Coach Campbell to discuss a solution.
- Important note: if you have braces you will need to have a mouth guard.

Varsity/Junior Varsity:

In middle school wrestling there are 19 weight classes. If there is more than one wrestler at a weight class we will use challenge matches and the coaches' decision to determine the varsity wrestler. Junior varsity wrestlers will still have the opportunity to compete against other schools in dual meets and some of the tournaments we participate in. Please be aware that for all wrestlers competition opportunities will be mainly determined by what the other team has available.

Eligibility:

In order to participate students are expected to maintain high standards of behavior and academic achievement. The specific guidelines for eligibility can be found in the student handbook. Students who do not uphold these standards will not be allowed to participate until their grades/behavior have improved.

Transportation Needs

- Transportation to WOMS from Carl Sandburg will be provided Monday - Thursday, as well as Friday when needed. On Saturdays all students will need to be dropped off at WOMS where a bus will transport the team to competitions.
- WOMS/WOIS students will be able to take the 5:00 pm activity bus after practice each day. Carl Sandburg students will need to be picked up at 5:00 pm.
- For home meets that go past 5:00 pm there will be no transportation provided. All students must be picked up from WOMS.
- For away meets, transportation will be provided to the away school and back to WOMS. Students will be allowed to travel home with family after the meet. Any students returning back to WOMS on the bus will then need to be picked up.
- Bus transportation for Saturday meets will be provided to and from the meet, but all students will need to be dropped off and picked up from WOMS unless otherwise communicated.

Website - <https://sites.google.com/dist76.org/westoakwrestling/home>

Visit the team's website by going to the address above, use the QR code to the right, or go to dist76.org, then click on "West Oak Middle School", then "About Us", then "Athletics and Clubs". On the "Athletics and Clubs" page there is a direct link to the wrestling website. Here you can find information about the team, season stats, links to documents needed, transportation, and important announcements throughout the season.



Contact Information

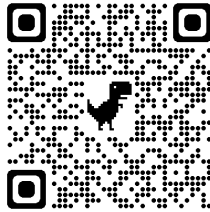
Email: Lcampbell@dist76.org

Texting the Coach?



Using the Remind App/Texting allows coaches, teachers, athletes, and parents to communicate important information quickly to each other. This will be used to communicate details such as changes to practice, meets, bus times, or emergency situations.

There are several ways to join the Remind App. You can download the Remind App on your phone, you can go to **remind.com/join/westoakwr** or use the QR code below to sign up. No matter the way you join be sure to use the class code **westoakwr**



Athletes: When you register, say that you were born in 20010 (or you won't be able to message your coaches).

If you would like to be added to the team Remind Group please tear off the form below and turn it into Coach Campbell. If you chose not to be added at this time, remember you can join at any time using the ways listed above.

I, _____ am the parent(s)/guardian(s) of _____. I give my permission for the following people to be contacted by coaching staff through the Remind app.

Parent/Guardian Name _____

Phone number _____

Email _____

Wrestler's Name _____

Phone number _____

Email _____