**GOETZ WRESTLING**

**1. Paper Work*:***

*In order to participate, each player must have submitted the proper paperwork to the nurse before the first day of practice.*

PHYSICAL FORM (Athletic Eligibility Packet)- Physical forms can be downloaded and printed from the district website. Players can also obtain the proper paperwork from the nurse’s office. Please be sure to write “wrestling” where it asks you to list sports on the form.

MEDICAL UPDATE / INTERIM FORM- This must be completed if you are using a physical performed before September. (Ex: You had a physical done in February to try out for the track team, that physical is good for wrestling but you must fill out the medical update form)

**2. Practice**

* Practice begins November 1st, from 2:30PM-5:00PM.
* All practices will run from 2:30PM-5:00PM in the cafeteria.
* Parents are to pick the students up in the back by the cafeteria.
* All practices are closed sessions and parents are asked to wait outside until the end of practice.
* Students should bring water, a pair of shorts, a pair of sweat pants, a t-shirt, a sweatshirt, wrestling shoes, headgear, and a mouth guard (braces) to every practice.
* During practice, students are expected to be respectful to each other as well as their coaches. They are expected to work hard throughout the entire practice and fooling around will not be tolerated.
* Anyone not following the rules will be sent home on the late bus and their parents will be contacted.
* If you cannot make practice please let Coach Salerno know.

**3. Team Page**

There is a team page you can check to get updated information about the team. To access the page, follow the following steps:

* Go to the district homepage Jacksonsd.org
* Scroll over select a school and click on Goetz Middle School.
* Scroll over TEAMS/CLUBS/ACTIVITIES and click on Goetz Wrestling

**4. Email-** **dsalerno@jacksonsd.org**

* Please email me if you have any questions.