Welcome to wrestling. We are excited for the season to begin. Here are a few important things to know to make your season run smoothly.

We welcome Kindergarten thru 8th grade CMP SS students; however, Kindergarten and 1st Grade students require parent supervision during practice.

Signed permission slip due before start of practice 12/2/2019 (USAW CARD ID # to Amanda by 12/10/19)

Practice days vary- please see attached schedule
Practice Time 3:30 to 5:30 (same for Early Release Days)
At CMP Upper Campus Gymnasium
**Thursdays in January will be meets instead of practice.

Come to practice with clean sweat pants or athletic shorts and a clean t-shirt and wrestling shoes.*

Please have student change before coming to practice and put wrestling shoes on once inside. *We have a box of shoes for students in need and we will gladly accept old or no longer needed sizes in trade or for future use.

If you are undecided please come to practice the first week. *For those who are undecided students can wear clean socks but no regular shoes are allowed on the mats.

2019-2020 costs:
CMP - $25 contribution
USA Wrestling Card - $50 - http://www.usawmembership.com
   (when filling out the membership form online select no affiliation to a club)

Tournament Entry Fees- $120 - Tournament entry forms will be given out the week of 12/17/19
   1/04/20 - $20  1/11/20 - $20  1/15/20 - $20  1/25/20 - $20
   2/01/20 - $0  2/08/20 - $20  2/15/20 - $20

Each wrestler is guaranteed one match per meet and tournament. We will try for as many as can be matched up but some weight classes don’t have very many match ups. Matches are determined in the coaches meeting before the start of every meet/tournament. Matches are made by weight and experience level. Weigh-ins will be done the practice before every meet and tournament.

All wrestlers will be given a singlet the week of the first tournament. Please take it home and wash it before the tournament. Singlet must be returned before or at end of year party. Singlets can be worn over a white or CMP t-shirt if your student feels the need. Please wear school shirts/sweat shirts in addition to singlets to meets and tournament. Remember to bring wrestling shoes to meets and tournaments.

We are planning to have a small fundraiser for our wrestling program this year (details to come).

We will be using ParentSquare for communications. If you have any questions about ParentSquare, or need to be added to the Wrestling group, please contact Monica at mcharron@cacmp.org.
Practice –

3:30-TBD For K-2nd Grade

3:30-5:30 +mat clean up For 3rd-8th Grade