

Mckinley Steam Academy Middle School Girls Wrestling

Athlete & Parent Information

Coach: Mr. Torres

Email: btorresduran@crschools.us

Important Dates

- **First Day of Practice:** January 20th

Time: 3:05 PM – 4:30 PM

Registration & Physical Requirements

⚠️ IMPORTANT (REQUIRED TO ATTEND PRACTICE):
Students **MUST** be registered on Bound for wrestling and have an **UPDATED** physical on file to attend practice.

- Athletes **CANNOT** attend practice until this is **approved by the Athletic Director (AD), Mr. Allred.**
- If you need help with Bound registration, please contact:
Mr. Allred – aallred@crschools.us

Competition Information

- **First Meet of Competition:** February 10th
Location: Taft
- There are **13 scheduled practice days** before the first meet.
- Athletes **MUST attend at least 10 of those 13 practices** to be eligible to compete in the first meet.
- If a student is **not competing**, they will **not leave school early** and **will not travel with the team.**

Safety & Preparation Policy

Safety and preparation are major standards in our program. **I will not put an athlete on the mat if she lacks proper preparation.**

Practice Schedule Notes

I am also a **high school coach for the Linn-Mar Girls Wrestling Program**. At times, the seasons will overlap. Because of this:

- Practice schedule will change from week to week (email will be sent out every saturday with practice schedule)
- Some practices may be held in the morning.
- I understand that morning practices may not be possible for all athletes due to transportation.
- **Athletes will NOT be penalized if they cannot attend morning practices because of transportation issues.**

Practice Attire & Equipment

Athletes are expected to come to practice properly dressed and prepared.

Required for Practice: - Running shoes or workout shoes - Wrestling shoes

Practice Clothing Guidelines: - Regular t-shirts only (no tank tops or cut-off shirts) - Leggings or compression shorts are allowed

Headgear: - Headgear is **required for competition** - Headgear is **not required for practice**, but it is **strongly encouraged** at times so athletes can get used to wearing it

Mouth Guards: - Mouth guards are **only required for athletes who have braces** - Athletes without braces may still wear a mouth guard if they choose to protect their teeth

If you have questions about wrestling shoes, headgear, or mouth guards, please reach out to me. - **Play It Again Sports** carries wrestling gear - I also have wrestling gear available from past years

Communication

Communication is very important to me as a coach.

- Please include **the best phone number to reach you** in case of an emergency or a cancellation of practice or a meet. (*located-last page of packet*)
- On **January 17th**, parents will receive an **email from me with the practice schedule for the week of January 20–23.**
- I will **email parents every Saturday** with:
 - Practice dates and times
 - Upcoming competitions

- Important updates

Parents are also encouraged to **follow McKinley STEAM Academy on Facebook** as another form of communication. This page will share updates, pictures, and videos of the girls wrestling program.

Thank you for your support of the Middle School Girls Wrestling Program. I am excited to work with our athletes and families this season.

If you have any questions or concerns please feel free to contact me at the school or email.

Practice Attendance Policy: Excused vs. Unexcused Absences

Regular attendance at practice is essential for athlete safety, skill development, and team success. Attendance will be monitored daily.

Unexcused Absences

A practice absence will be considered unexcused in the following situations:

- The student attends school but does not attend practice without prior notice to the coach.
- Missing practice due to being sore, tired, or lacking motivation.
- Leaving school early for reasons not approved and not communicated to the coaching staff.
- Any absence not listed under excused absences.

Excused Absences

A practice absence will be considered excused for the following reasons, with communication to the coach:

- Illness
- Injury with a doctor's note
- Doctor or medical appointment
- Family emergency
- Club practice or activity (must be communicated in advance)

SCHEDULE

Girls Wrestling	Pictures:
Tuesday, February 10	at Taft
Tuesday, February 17	at Wilson
Thursday, February 19	Home Meet
Tuesday, February 24	at Harding
Monday, March 2	at Xavier
Thursday, March 5	at Harding
Monday, March 9	at Linn-Mar
Thursday, March 12	at Taft

Start Times: *Between 3:30-3:45*

End Time: *Determined on the amount of athletes competing.*

Parent Contact & Acknowledgment

Please complete the section below and return as directed.

Parent/Guardian Name: _____

Student Athlete Name: _____

Best Phone Number to Reach You: _____

Return this completed form to Coach Torres