**Wrestling – Player/Parent Meeting**

**kams.egusd.net**

1. **Welcome, Introductions, and Contacts**
   1. Coaches
      1. Head Coach – Kevin Ghalambor [kavian\_g2@yahoo.com](mailto:kavian_g2@yahoo.com)
   2. Athletic Director – Traci Seto [tseto@egusd.net](mailto:tseto@egusd.net)
   3. Athletic Administrator – Kristen Couchot [kforcina@egusd.net](mailto:kforcina@egusd.net)
   4. Principal – Brie Bajar – [gbajar@egusd.net](mailto:gbajar@egusd.net)
   5. Contacting Coaches
      1. Encourage student-athletes to speak to coaches about concerns, questions, etc. first.
      2. When contacting coaches:
         * 24 hour cooling off period
         * No contact day of tournament with concerns/complaints.
2. **Middle School Student-Athlete and Parent Handbook**
   1. Please read the handbook located on the EGUSD Athletics website <http://blogs.egusd.net/athletics/>
3. **Athletic Academic Eligibility**
   1. Requirements
      1. 2.0 or higher GPA
   2. To Begin Season – Only Grades of Record
      1. Quarter 1 Grades
   3. Continuing Eligibility Through Season
      1. Quarter 2 Progress Report / Quarter 3 Progress Report
      2. Quarter 2 Report Card
      3. 2.0 or above
         * if ineligible at progress report = may practice, but not compete until eligible
         * if ineligible at quarter grade = may practice, but not compete rest of season
4. **Transportation**
   1. Transportation to and from games is the responsibility of the parent/guardian.
   2. If you want to transport children other than your own, you must be/submit:
      1. Fingerprinted with EGUSD
      2. Copy of Driver’s License
      3. Copy of Insurance
      4. Transportation Form
5. **Reasons for removal from Wrestling Team**
   1. Athletic Ineligibility
   2. Practice/Game Behavior
   3. Missing practice/games or tardiness to practice/games (without speaking to the coaches)
   4. Being picked up late from practices/games

\*Student-Athletes are representatives not only of themselves and their families, but also representatives of KAMS and as such are held to the same standards of behavior at practices and games, as they are during school hours.

1. **Single Uniform Replacement**
   1. Singlet - $130, Headgear - $45
   2. Uniforms are checked out to student-athletes and are on loan through the season.
   3. If any part of the uniform is lost, damaged, or otherwise not returned, a fine will be assessed.
      1. Students with fines will be placed on the no activities list and will not be able to check out another uniform until the first has been returned or paid for.
2. **Team and Individual Photos** 
   1. **Friday, November 12 – 3:15pm (Bring Uniform)**
   2. Cash/Check – use order envelope and bring to picture day
3. **Burpee-A-Thon Fundraiser**
   1. **Friday, November 12 – after pictures**
   2. All money must be turned in to the student store on the designated collection date.
   3. Please participate by gathering pledges/sponsors.
4. **Gear**
   1. Wear athletic gear, NO POCKETS in shorts, and wrestling shoes (to be worn ONLY on mat)
   2. Please bring water and a small towel (optional)
   3. Head Gear is required. You may check out a set from us or purchase your own. Mouthguard is required if you have braces.
   4. Shower immediately after practice
5. **Spirit Wear**
   1. TBD
6. **Practice**
   1. Monday – Friday 4:00-6:00 PM
   2. No locker room use
7. **Tournament/Meet Schedule (Tentative - Subject to change)**
   1. DUAL DATES – Middle school wrestlers only

* 12/7 – Dual @ Smedberg (vs Smedberg and Rutter)
* 12/14 – Dual @ Kerr (vs Kerr and Pinkerton)
* 1/18 – Dual @ HOME (vs Eddy and Harris)
* 1/25 – Dual @ Eddy (vs Jackman and Toby)
* 2/3 – EGUSD Championships @ TBD
* Start Time 4:30PM, Students $1 and Adults $3
  1. TOURNAMENT DATES
  + Saturday, 12/11 – Harris Novice and Girls Tourney
  + Additional tournaments TBD
  1. Middle school athletes – funding for 3 tourneys/wrestler AND special tournaments athlete qualifies for (i.e. Regionals, TOCs)
  2. Elementary school athletes – pay own entry fees
  3. Burpee-a-thon funds can be used towards wrestler’s entry fee
  4. IF A WRESTLER DOES NOT SHOW UP TO A TOURNAMENT THAT THEY HAVE BEEN REGISTERED FOR, THEY WILL NOT BE ENTERED IN ANY MORE TOURNAMENTS UNTIL REIMBURSING ENTRY FEE

1. **Coaches’ Expectations / Questions?**