



# 2019-20 WARDE WRESTLING



## WHAT YOUR WRESTLER MAY NEED:

- ❑ All wrestlers will need a current physical (within the last year extending to the end of the season).
- ❑ **ALL parents need to register their athletes and sign up for wrestling. Please go to <http://forms.fairfieldschools.org/athletics/auth/login> this link is on the home page of the Warde athletics site.**
- ❑ All wrestlers will **need** wrestling shoes. You can get them at Olympia sports, Dick Sporting Goods or from the internet. I have a bunch of catalogs in my office. I also have some used shoes that wrestlers can borrow.
- ❑ You will **need** head gear. Headgear **must** be worn at practice when going live. Warde head gear is available at Athletic shoe factory for \$30. I will also have some loaners for the season. If lost you will be responsible for the cost (\$30). I have headgear which can be loaned for the season.
- ❑ I suggest a mouthpiece. A mouthpiece is mandatory for all wrestlers who have braces. Mouthpieces protect teeth and have shown to reduce susceptibility to concussions.

## PRACTICE RELATED INFORMATION:

- ❑ **Typical practice times:** JV- 2:45-5:00pm. Varsity-3-5:15pm. Matches are typically Wednesdays and Saturdays. (see schedule)
- ❑ Athletes are expected to attend practice **at all times**. If missing practice is necessary for academic reasons or other reasons, please speak with Coach Shaughnessy before the practice. For weekend related issues call/text me at 203-767-6527 and leave a message or email me at [coachshaughnessy@gmail.com](mailto:coachshaughnessy@gmail.com). I encourage the kids to be responsible if they need to miss practice.
- ❑ **Keys to staying clean:** Shower ASAP following practice. Wear clean clothing. Wash knee pads, head gear and teams bags. Cover any cuts and scrapes. Inspect body regularly.
- ❑ **What we do to stay clean:** disinfected room, Mop mats before and after practice, offer clean t-shirts, and skin protection.

## COMMUNICATION

- ❑ Visit Warde Wrestling on Facebook for updated information.
- ❑ Twitter @wardewrestling; results and info.
- ❑ The **GRAPPLERS CLUB** also uses email for communication purposes..
- ❑ Kids Facebook page – **Warde wrestling 2019-20**.
- ❑ **Google Classroom – classroom code - qnyf4m**
- ❑ **Kids also sign up for the remind app which is a texting app.**
  - TO: 81010
  - @coachshaug
- ❑ Parents remind app:
  - 81010
  - @wardew
- ❑ **The athletic department and team wrestling web pages:**
- ❑ Athletic Dept: <https://fwhs.fairfieldschools.org/athletics>
- ❑ Team Web page: <https://www.fairfieldwardewrestling.com/>

## FUNDRAISING

- ❑ Chips December 17th. All should attend. Flier handed out and web link emailed.
- ❑ We are selling advertising space in our team program. We will have meeting at our parent meeting and by email.
- ❑ We are hosting a tournament on January 4th. We will need volunteers, food donations and table workers. Please help this is an excellent opportunity to highlight our program and raise funds.

## HOW CAN YOU HELP

- ❑ The GRAPPLERS CLUB – Volunteer for WARDE INVITATIONAL – Concession and other opportunities we will highlight.

*Any questions please feel free to contact:*

*Coach Shaughnessy ([coachshaughnessy@gmail.com](mailto:coachshaughnessy@gmail.com)) Cell 203-767-6527*