



DECEMBER 1, 2025



WRESTLING

Parent/Caregiver Meeting



qowrestling.com

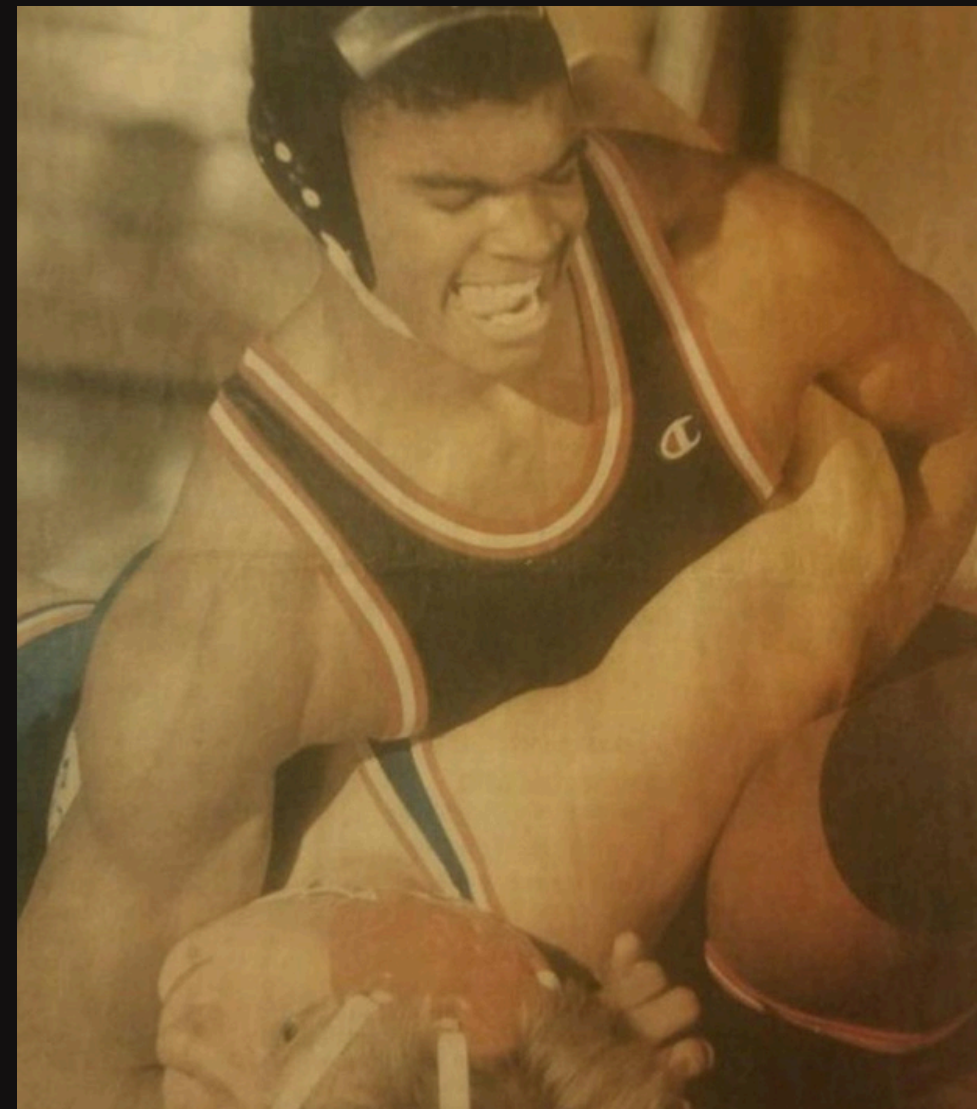


WHO AM I? (COACH TYLER)

As the head coach of Quince Orchard Wrestling, I bring a deep connection to this program and school. I am a proud alumnus of Quince Orchard High School, where I competed as both a wrestler and football player. As captain of the undefeated 1991-1992 wrestling team, I helped lead our squad to county and regional championships, embodying the same drive and determination I now strive to instill in our athletes. My time as a Cougar taught me the values of hard work, resilience, and pride in representing our school.

I BLEED RED, BLACK AND WHITE, and my goal is to build a program that reflects the greatness Quince Orchard Wrestling is capable of achieving. We've done it before.... *we can do it again.*

I'm committed to blending our proud traditions with a relentless pursuit of excellence, ensuring that every athlete who wears a QO singlet grows as a competitor, a teammate, and a person.



MISSION

Empowering student-athletes for success in wrestling and in life through a culture of excellence, resilience, and personal growth.

VISION

Cultivating champions and leaders on and off the mat.



STANDARDS

QO Wrestling is dedicated to maintaining the highest standards of SPORTSMANSHIP, INTEGRITY, and EXCELLENCE. Our commitment to these standards is unwavering, guiding every decision and action within our program. We strive to create a culture of RESPECT, ACCOUNTABILITY, and CONTINUAL IMPROVEMENT, both on and off the mat. By upholding these standards, we ensure a positive and inclusive environment where all athletes can reach their full potential and proudly represent Quince Orchard High School.



ACADEMIC EXCELLENCE

We prioritize the holistic development of our athletes, emphasizing that success in the classroom is just as crucial as achievements on the mat. Academic excellence forms the foundation of future opportunities, and we are dedicated to supporting your student-athletes in realizing their full potential; intellectually and physically.

To reinforce the importance of academics within our program, we have implemented a comprehensive academic monitoring system. This includes regular communication with teachers and the introduction of incentives that reward academic achievements. Conversely, we hold athletes accountable with structured consequences for neglecting academic responsibilities.

By fostering a culture of accountability, we aim to raise the academic and athletic performance of every team member.



CHAMPIONSHIP CULTURE

In the recent past, we've had a great culture—supportive, inclusive, family-oriented and built on teamwork. *However*, we haven't had a WINNING culture. This year, that changes. We are redefining what it means to be a part of QO Wrestling by setting higher standards and embracing a mindset of excellence both on and off the mat.

A winning culture means committing to the discipline, effort, and preparation it takes to achieve greatness. Every athlete will be held to a higher level of accountability, focusing on growth, resilience, and the drive to compete at their best. This isn't just about winning matches; it's about instilling a relentless pursuit of improvement that carries over into all areas of life.

By combining the values we've always upheld with a renewed focus on competition and achievement, we're building a program that will prepare our athletes to thrive in everything they pursue.



WWW.QOWRESTLING.COM

We are excited to introduce you to our official website, www.qowrestling.com, your one-stop resource for everything related to Quince Orchard Wrestling. The site is designed to keep you informed and connected, featuring up-to-date schedules, team announcements, and important resources for both athletes and parents. Whether you need details about upcoming matches, practice changes, important documents, or program highlights, the website ensures you're always in the loop.

From photos and videos to links for community engagement and support, www.qowrestling.com is a hub for building the legacy of QO Wrestling. Be sure to check it regularly to stay connected!

((REMINDER)) Show your Cougar pride by shopping at the QO Wrestling Ares Sportswear store and gearing up for the season! Link to store can be found on the "Gear" page of our website.



BUILDING CHAMPIONS ON AND OFF THE MAT

QO Wrestling is committed to developing student-athletes through a culture of **excellence, resilience, and personal growth**. The program emphasizes **technical skill, academic achievement, and mental toughness**. With a strong focus on **teamwork and accountability**, QO Wrestling creates a supportive environment that equips athletes to succeed both on the mat and in life.

WE'RE A FAMILY

The foundation of any successful program is built not just on the efforts of the athletes and coaches but also on the support of parents and families.

Your involvement—whether it's cheering at matches, helping with team events, or encouraging your wrestler through the challenges of the season—creates the backbone of our culture.



INTRODUCTION – TEAM MOMS



INTRODUCTION:

1. Catie Spadoni, mom of Harrison (Alumni) and Aubry (Junior), and Ceci Hersh, mom of Ben (Junior)
2. Contact info: Team email: gohswrestling@gmail.com; Catie's phone: 985-788-4479

COMMUNICATION:

1. Sent via MailChimp
2. Please send me your email address(es) to be added. Include your first and last name as well as your wrestler's name

PARENT ENGAGEMENT:

1. We are a team, but also a family!
2. All parents/family members are encouraged to attend and participate in any of our events.
3. We want everyone to feel included and be a part of this wrestling family!
4. Several parent events are planned throughout the season and we hope many will attend.
5. Our first parent event will be the night of our home opener against Blake High School on Wednesday, December 10, 2025, at 5:30pm. Mark your calendar now! An invitation with more details will be sent out soon.



FACEBOOK GROUP:

1. Quince Orchard HS Wrestling
2. Request to Join
3. Answer questions
4. Enable notifications – events are streamed live, when able

CONCESSIONS:

1. Open during our home matches.
 2. Volunteers are needed to run concessions. Signup with Boosters.
 3. Signup for other sporting events – not wrestling.
- We sign up for other sports so they signup for us.

CARPOOLING/PARENT DRIVERS:

1. May be needed for some events.
2. Sign-up lists will be sent out when needed.

OVERNIGHT TRAVEL:

1. Not all wrestlers will travel for overnight events.
2. Hotel & travel arrangements for wrestlers & coaches are handled by Team Moms
3. Team Moms are the chaperones for these events.
4. Parents of wrestlers participating in the event will be notified and given hotel information so they can plan to stay overnight on their own, if desired.



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5. Team Funds cover half the cost of overnight travel. Wrestlers are responsible for the other half.
6. Wrestlers will be responsible for their own travel bags and wrestling gear.
7. Wrestlers will need their own spending money, snacks, drinks, etc.

OVERNIGHT EVENTS:

There are 4 overnight events, including States.

- 1. War on the Shore – Girls (Ocean City, MD), January 9-10, 2026
- 2. Who's #1 – Girl (Pasadena, MD), January 16-17, 2026
- 3. Wrassle at the Castle – Girls (Sykesville, MD), February 6-7, 2026
- 4. State Tournament (Showplace Arena), March 5-7, 2026

FUNDRAISING:

1. Very important for our program and needs to continue throughout the season and post-season. The fundraising we do through the school does not come to us as a team. It goes towards our requirement to assist Boosters.
2. Fundraising gives us money to participate in extra events, helps lower the cost of parent/wrestler portions for travel, allows us to help parents/wrestlers in times of need, enables us to do more team activities and bonding, plus a ton more.
3. If you would like to spearhead this campaign, please let me know.
4. Ideas from parents are welcome.
5. Additional parents may be needed to help facilitate.

6. We may periodically ask for Donations (monetary, food, or supplies).
This goes towards making goodie bags for travel, team dinners, special event nights, etc.
7. Monetary donations can be made anytime via Venmo: @Catie-Spadoni
8. Purchases from our team store (Sticker Mule) also go towards our fundraising efforts.
A portion of all sales is donated back to us.

SENIOR NIGHT:

1. Senior night is Thursday, Feb. 5, 2026. Festivities will begin at 5:30pm. Wrestling starts at 6:15pm.
2. We have a decent sized Senior class this year.
3. Help will be needed and all who want to help are welcome, except for Senior Moms (it's a surprise and special night for them, too)!
5. More details will be forthcoming.

More things may come up throughout the season, so be on the lookout for communications from Coach Tyler and Ceci and me. We're happy to be sharing another season with our veteran parents, and we're excited to get to know our new parents. We're looking forward to spending time with all of you and watching your kids on the mat. Welcome to QO Wrestling!



WE APPRECIATE YOU.

WE CAN'T DO THIS WITHOUT YOU.



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