

PINNACLE HIGH SCHOOL WRESTLING

rev. November 4th, 2024

Welcome to the Pioneer WRESTLING Family!

COACHING STAFF:

Chris Reid, Head Coach: chreid@pvschools.net
Zack Surdyka, Head Assistant Coach: jsurdyka@pvschools.net
Logan Megles, Strength & Conditioning: cmegles@pvschools.net
Chrissy King, On-Campus Support: cking@pvschools.net
Rich Fawcett, Assistant Coach
Louden Hewlett, Assistant Coach
Danny Hewlett, Assistant Coach

VOLUNTEER COACHES:

Tom Capaldi, Bryan Fawcett, Stephen Jimenez, Troy Murawski & Marco Stoppa

Team Website: www.pinnaclewrestling.com

**** Information, Pictures & Videos, Sponsor Info, Roster, Records, Coaches, etc. ****

**** Calendar with all Practice and Competition times ****

Social Media Accounts: [@pinnacle.wrestling](https://www.instagram.com/@pinnacle.wrestling)



**** Pictures, Results, Day of Information, Updates & Fun ****

Remind App: [PHS Wrestling](#) | Class Code: [@bebold2025](#)

**** Get the Remind App for last minute alerts & reminders ****



North Valley Regional Training Center (NVRTC)

www.nv-rtc.com | Instagram [@nv_rtc](#) | Facebook [@NorthValleyRTC](#)

One of the largest wrestling clubs in Phoenix is right here on the Pinnacle Campus!

We offer a unique, Regional Training Center, providing year-round wrestling opportunities, working with 6+ high schools, 10+ coaches & over 100 wrestlers ranging from Kinder-Adult!

➤ **5th Annual NVRTC 'Preseason Classic'**

Saturday, September 20th, 2025

✓ *This is a Preseason Fundraiser for Pinnacle Wrestling. Plan to attend, help & show support!!*

PHS Wrestling Booster Club

BOOSTER CLUB CONTACTS:

Julie Dillon (*Reed*): julie.turpin.dillon@gmail.com or text 602-510-7989
Kelly Fawcett (*Carter & Andrew*): kellylfawcett@gmail.com or text 602-341-0167
Cassandra Mentzer (*Charlie*): dropkickmaddie@icloud.com or text 480-395-3888
Courtney Fligeltaub (*Will*): caclark808@gmail.com or text 206-914-6922

What does it mean to be on the Booster Club?

"I can help out, but I can't commit to that..." But do you actually know what the 'commitment' is??
Well, it should not feel like a 'commitment'. Multiple members keep workloads small.
Support the Coaching Staff. Provide food & snacks to Team. Promote & Support Wrestling!!

⇒ = Areas where all Parents can help out

- **Meet to discuss season events and details**
 - ⇒ *Meet at competitions, via email, in-person, over meals and/or drinks, etc.*
- **Senior Night** **Wednesday, January 29th, 2025**
 - ✓ *Booster Club purchases gifts for the Seniors, flowers for Senior Parents, etc.*
- **Support our 9th Annual JV Tournament** **Saturday, February 8th, 2025**
 - ⇒ *We host one of the biggest JV tournaments in Arizona, with 30+ teams attending*
 - ⇒ *Make and/or provide food for the Hospitality Room. We serve coaches breakfast & lunch!*
 - ⇒ *Help in the Hospitality Room and/or Concession Stands*
- **Unfortunately, we will not be hosting the Sectional tournament this year.....**
- ~~**Support the Sectional Tournament** **Saturday, February 15th, 2025**~~
 - ⇒ ~~*We host one of the AIA's Sectional tournaments (qualifier for the State Tournament)*~~
 - ⇒ ~~*Help in the Hospitality Room and/or Concession Stands (leftovers used from JV tourney)*~~
- **End of Season Banquet** **Two Weeks after Season**
 - ⇒ *Booster Club sources catering, wrestler awards, gifts, etc.*

***** Please talk to a Booster Club Member about how you can help support the Team *****

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Upcoming Dates

Sports Impact Testing – 3:30pm

Wednesday, November 13th

- ✓ *Bring their school issued Chromebooks to practice for Baseline Concussion Testing.*

Parent Meeting – 5:45pm

Thursday, November 14th

- ✓ *Meet in the wrestling room at 5:45pm and then we will move to a classroom.*

20th Annual Mountain Run:

Saturday, November 16th

- ✓ *We encourage all family members to join us for this traditional event!*
- ✓ *Team Pictures and our Seniors will speak at the end.*
 - **Pinnacle Peak Park – 26802 N. 102nd Way, Scottsdale**
 - **Arrive – 6:50am | Start Time – 7:00am | Done approx. – 9:30am**



Annual Kick-Off Party:

Sunday, November 17th

- ✓ *Our start to the season for the wrestlers & families. Meet the coaches & other parents, hear a short team speech, while the team bonds in a non-wrestling setting.*
 - **Please bring an appetizer | Please limit dessert items.....**
 - **Fawcett Residence – 24430 N 24th Way, Phoenix, AZ 85024**



Upcoming Dates (continued)

SNAP Raise Fundraiser:

Monday, November 18th

- ✓ Takes place at the beginning of wrestling practice
- ✓ Must have list of (20) email addresses ready (see flyer)

First Competitions of the Season:

- ✓ Girls: Arizona Women's Cup **Saturday, November 30th**
- ✓ All Levels: Sandra Day O'Connor HS **Wednesday, December 4th**
- ⇒ Some Fall Sport athletes that started the wrestling season later than others may not wrestle. Please note, non-participating wrestlers' attendance is still required.

Important Dates

Thanksgiving Wrestling Practices:

11/27 to 11/29

Christmas Wrestling Practices:

12/23/24 to 1/3/25

Team & Individual Picture Day:

Tuesday, January 7th, 2025

- ✓ We use Chapter Next for our team photos – www.chapternext.com

9th Annual JV Tournament

Saturday, February 8th, 2025

- ✓ ALL non-participating wrestlers are required to help work the event.

➤ **Unfortunately, we will not be hosting the Sectional tournament this year.....**

- ⇒ ALL non-participating wrestlers are encouraged to attend the Sectional Tournament!

~~**AIA Sectional Tournament**~~

~~**Saturday, February 15th, 2025**~~

- ~~✓ ALL non-participating wrestlers are required to help work the event.~~

AIA State Tournament

2/20 to 2/22/25

- ✓ ALL wrestlers are encouraged to attend the State Tournament!

Donations

Each year at our Kickoff Party, we collect non-perishable donations for items that are used at our weekday meets and our weekend tournaments. Ultimately, each wrestler is still responsible for bringing their own healthy snack options for competitions.

➤ **Donatable items:**

- ✓ Cases of bottled water
- ✓ Cases of 12oz Gatorades

➤ **During the season, the Booster Club purchases food for our weekend tournaments:**

- ✓ Bagels for after weigh-ins
- ✓ Sandwiches for afternoon breaks

➤ **We also try to provide fresh items for each competition:**

- ⇒ *This is where your 'Booster Club Fee' is used the most and it really helps out!*
- ✓ Yogurt
- ✓ Fresh Fruits
- ✓ Pretzels
- ✓ Bread
- ✓ Muffins
- ✓ Honey & Jam

✖ **While convenient, we want to limit items with high protein & fat at competition**

- ⇒ *That means limiting Jerky, Trail Mix, Granola Bars, Protein Bars, etc.*

👉 **Check out the Dietitian and Wrestling Nutritionist, Jackie Slomin:**

- ⇒ Instagram: [@weightcut.nutritionist](https://www.instagram.com/weightcut.nutritionist)
- ⇒ Website: www.jackieslomin.com

Arizona Extracurricular Activities

TAX CREDIT PROGRAM

- **AZ Public School Tax Credit** will reduce your state taxes each year, dollar-for-dollar.
- You can make your payment, through Tax Day, for the prior tax year.
 - ✓ *Up to \$200 for single filers or \$400 for joint filers*
- Pay online at the PHS Webstore <https://az-paradisevalley.intouchreceipting.com>
 - ✓ *Sign-in per instructions & choose **Wrestling TC Donation** from the Menu*
- *Or send a check to Pinnacle High School:*
 - ✓ *Attention: Finance Office*
 - ✓ *Write Wrestling Tax Credit on the memo line*

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Corporate or Personal Sponsorship Levels



➤ **BRONZE SPONSORSHIP**

\$400 or above

- ✓ Logo placed on digital screen inside gym for home wrestling meets.
- ✓ Logo will be posted on our team's social media pages and on our website.
- ✓ Quarter-page ad in our annual wrestling program, distributed at home meets.

➤ **SILVER SPONSORSHIP**

\$750 or above

⇒ *In addition to the Bronze level sponsorship details:*

- ✓ Sponsorship announcement during each home meet.
- ✓ Sponsorship of (1) wrestler for the season.
- ✓ Upgrade to half-page ad in our annual wrestling program.

➤ **GOLD SPONSORSHIP**

\$1,500 or above

⇒ *In addition to the Bronze & Silver level sponsorship details:*

- ✓ Free admittance to all home meets.
- ✓ Logo added to back of our annual JV Tournament t-shirt.
- ✓ Upgrade to prominent full-page ad in our annual wrestling program.

Our 2024-25 fundraising goals are to purchase new Warm-Up Pants, new 'Day Two' Singlets for tournaments, new White Championship Singlets, as well as attending a second travel tournament.

**** Make Checks payable to 'PHS Wrestling Booster Club' 501c3 Tax ID #: 86-0994121 ****

***** Please send your Company Name and Logo in electronic format to our Booster Club *****

PVUSD Participation Fee vs. Booster Club Fee

PVUSD Sports Participation Fee (due No Later Than): **Tuesday, December 3rd**

✓ *Payment portal opens on Friday, November 8th*

- PVUSD Sports fee is **\$200** per athlete
 - ✓ *Multi-sport athletes & sibling cap of \$400 per school year*
- Payable through PHS Webstore or Bookstore/Finance Office on campus
 - ✓ *Webstore accepts all major Credit Cards*
 - ✓ *Username: Student ID Number – Password: Last Name (first initial capital)*
 - ✓ *Please select wrestling, with either 'tax credit' or 'non-tax credit'*
 - ✓ *<https://az-paradisevalley.intouchrecepting.com/>*

Booster Club Fee Due By: **Sunday, November 10th**

- 75% Gear Package – 25% Booster Club Support
 - ✓ *Only time we ask for any financial support from our parents.*
- The PHS Wrestling Booster Club fee is **\$200** per athlete
 - ✓ *The Booster Club Fee is collected through our Online Team Store.*
 - ✓ *Online store hosted by Compound Sportswear. Details to Come!*

Booster Club Fee Includes:

- Gear Package – Apparel for Wrestlers
 - ✓ *Sweatshirt, Fight Shorts (NFHS approved), Polo (embroidered) and (2) T-Shirts!*
- Seasonal Wrestling Item(s):
 - ✓ *Season Kick-Off Party Costs*
 - ✓ *Programs for Home Meets*
 - ✓ *End of Season Gifts for Team*
 - ✓ *Tournament Registration Fees*
 - ✓ *Travel Costs (Hotels & Food)*
 - ✓ *New Equipment & Supplies*

TWO Ways to Pay the Booster Club Fee:

- **Team Store:** Credit or Debit Card on our Online Team Store
- **Sponsorships:** Waive the fee by obtaining a Bronze level or higher sponsorship



Our only Fundraiser of the year!

A new way of fusing social media and email. SNAP Raise is one of the leading fundraising platforms for groups and we are excited to get started. This helps pay our team's operating costs that are not covered by the school. At an upcoming practice, our SNAP representative will record a short video of the team explaining our online fundraiser. Once setup, the fundraiser runs itself, generating donation requests via email, showing them your wrestler and the team's video.

We have used SNAP Raise in the past with a lot of success. BUT they have one requirement! They require a minimum of **(20)** people that may be reached out to via SNAP Raise generated emails. Please help your student-athlete gather the email address prior to our fundraiser meeting, at the start of an upcoming practice.

The list of **(20)** people should include your child's biggest fans and supporters. It is our hope and expectation that each student-athlete will have an impact on our program's success. Here are their next steps:

- Have them enter full names & email addresses into the **NOTES** area of their phone
 - ✓ *This will allow them to copy/paste the info into the SNAP Raise website quickly!*
- Avoid using emails of their teachers, friends, or strangers.
 - ✓ *Examples below:*

- | | |
|--------------------------|------------------------------------|
| 1. Parent/Guardian(s) #1 | 11. Scout/Troop Leader |
| 2. Parent/Guardian(s) #2 | 12. Family Friend #1 |
| 3. Grandma(s) | 13. Family Friend #2 |
| 4. Grandpa(s) | 14. Former Coach(s) |
| 5. Cousin(s) | 15. School Alumni |
| 6. Uncle(s) | 16. Local businesses that know you |
| 7. Aunt(s) | 17. Neighbor(s) |
| 8. Family Doctor | 18. Parent's co-worker(s) |
| 9. Orthodontist/Dentist | 19. Friends of parents |
| 10. Church/Social Leader | 20. Adult Sibling(s) |

⇒ ***To receive the maximum percentage of the funds raised during our fundraiser, SNAP Raise requires all participating student-athletes to provide (20) emails address. Otherwise, we will receive a lower percentage of the funds raised.***

Parent Responsibilities

- **Make sure your wrestler is protected** by showering thoroughly within ONE HOUR of every practice/event with antifungal soaps (*tea tree oil*). Use antibacterial soap for all other showers.
- **Support your wrestler** with nutritious foods at home, and healthy snacks meets and tournaments. They need good FUEL to perform their best.
 - **Check out the Dietitian and Wrestling Nutritionist, Jackie Slomin:**
 - Instagram: [@weightcut.nutritionist](https://www.instagram.com/@weightcut.nutritionist)
 - Website: www.jackieslomin.com
- **Support the team** with our only outreach-based Fundraiser – SNAP RAISE
- **Freshman & JV wrestlers** are expected to support their Varsity teammates by remaining in attendance at competitions. Experience the next level of wrestling!
- **Volunteer** in the wrestling program. There are many ways you can be involved in our wrestling program. We are asking for each family to at least volunteer in 3 areas. By volunteering, you will be getting to know other parents in our program and supporting your wrestler.
 - ⇒ ***Without volunteers, we cannot have a successful program.***
- **Areas to volunteer at our team events:**
 - ✓ Preseason Classic – *One of the biggest preseason tournaments in AZ*
 - ✓ Concession Stand
 - ✓ Senior Night
 - ✓ Incoming Freshman Night
 - ✓ PHS Wrestling F/JV Tournament
 - ✓ Sectional Tournament
 - ✓ End of Season Banquet
 - ✓ Photographing and taking Videos
- ⇒ If you are interested in serving on the Booster Club Board, or helping this season, please contact a PHS Wrestling Booster Club member!

www.pinnaclewrestling.com | Instagram, Facebook, and Twitter: [@pinnacle.wrestling](https://www.instagram.com/@pinnacle.wrestling)

Wrestler Responsibilities

- **Be on time.** Strength & Conditioning is not optional, and attendance is U.
- **Protect yourself** and your teammates from skin issues by showering thoroughly within ONE HOUR after every practice/event with antifungal soaps (*tea tree oil*). Use antibacterial soap for all other showers.
- **Be hygienic** and keep your fingernails trimmed at all times.
- **Wrestlers that are managing their weight throughout the season:**
 - **Check out the Dietitian and Wrestling Nutritionist, Jackie Slomin:**
 - Instagram: [@weightcut.nutritionist](#)
 - Website: www.jackieslomin.com
- **Uniforms** will be issued by the coaching staff and must be returned at the end of the season. Failure to return will result in school fines.
- A **Gear Apparel** package is provided to each wrestler by the Booster Club and is theirs to keep and wear at the appropriate times.
- **Wrestling shoes** are required to be purchased by each wrestler.
 - ✓ Loaner shoes are available for temporary use.
- **Mouth guards** are highly recommended.
 - ✓ Mouth guards are required for wrestlers with braces.
- **Paperwork** completed ASAP (*All forms located on website, under INFO*)
 - ✓ Code of Conduct
 - ✓ SNAP Raise email addresses
- **Attendance** at a Varsity meet means wearing your PHS Wrestling Gear to support your team, even if you are not wrestling. All competing wrestlers are required to stay until the last wrestler competes. We stay as a team!
- **Sign up on the Remind App** for last minute alerts & reminders.

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