

PINNACLE HIGH SCHOOL WRESTLING

Welcome to the Pioneer WRESTLING Family!

COACHING STAFF:

Chris Reid, Head Coach: chreid@pvschools.net
Marc Padwe, Head Assistant: mpadwe@pvschools.net
Seth Coronado, Assistant & Girl's Coach
Rich Fawcett, Assistant Coach
Chrissy King, Strength & Conditioning: cking@pvschools.net
Volunteer Coaches: Tom Capaldi & Bryan Fawcett

Team Website: www.pinnaclewrestling.shutterfly.com 

**** Information, Pictures & Videos, Sponsor Info, Roster, Records, Coaches, etc. ****
**** Calendar with all Practice and Competition times ****

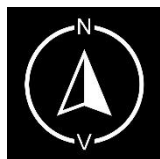
Social Media Accounts: [@WrestlersPHS](https://www.instagram.com/WrestlersPHS)



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

Remind App: [PHS Wrestling](#) | Class Code: [@bebold2023](#)

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



North Valley Regional Training Center (NVRTC)

www.nv-rtc.com | Instagram @nv_rtc | Facebook @NorthValleyRTC | Twitter @nv_rtc

One of the biggest 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 85 wrestlers ranging from K–12th grade!
Check out the club's website for more info!! #STAY COMPETITIVE

➤ **3rd Annual NVRTC 'Preseason Classic'**

September 23rd, 2023

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

PINNACLE HIGH SCHOOL WRESTLING

PHS Wrestling Booster Club

BOOSTER CLUB CONTACTS:

Julie Dillon: julie.turpin.dillon@gmail.com or text 602-510-7989

Nicole Bonelli: nicoleherndon82@gmail.com or text 602-341-0167

Jennifer Smith: jensmith551@gmail.com or text 602-486-2646

Jonathan Thorpe: jthorpeazrealestate@gmail.com or text 907-252-4485

Jennifer Alcala: jenfalcala@yahoo.com or text 602-684-3043

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.*
- **Support our 3rd Annual NVRTC 'Preseason Classic'** **September 23rd, 2023**
 - ✓ *This is a Preseason Fundraiser for Pinnacle Wrestling*
 - ⇒ *Help in the Concession Stands*
- **Support our 7th Annual JV Tournament** **Saturday, February 4th**
 - ✓ *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*
- **Support the Sectional Tournament** **Saturday, February 11th**
 - ✓ *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)*
- **Senior Night vs Cesar Chavez HS** **Wednesday, February 1st**
 - ✓ *Booster Club purchases gifts for the Seniors, flowers for Senior Parents, etc.*
- **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 *****

PINNACLE HIGH SCHOOL WRESTLING

Upcoming Dates

Sports Impact Testing – 4:45pm

Wednesday, November 9th

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

Parent Meeting – 5:45pm

Thursday, November 10th

- ✓ *Attend in person, or watch/interact via Zoom Meeting (meeting link sent via email)*

18th Annual Mountain Run:

Saturday, November 12th

- ✓ *We encourage our parents 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 20th

- ✓ *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 & drinks | Please limit dessert items.....**



PINNACLE HIGH SCHOOL WRESTLING

Upcoming Dates (continued)

SNAP Raise Fundraiser:

Monday, November 21st

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

First Meet of the Season:

Wednesday, November 30th

- ✓ All Levels: Mesa High School
- ✓ Some Fall Sport athletes that started the wrestling season later than others may not wrestle. Please note, non-participating wrestlers' attendance is still required.

First Tournaments of the Season:

December 2nd & 3rd

- | | | |
|---------------------------|----------------------------|-------------------|
| ✓ Varsity (Boys & Girls): | Wrangler Invitational | Friday & Saturday |
| ✓ Freshman & JV: | Paradise Valley Duals | Saturday Only |
| ✓ All Girls: | Millennium 'Girls' Tourney | Saturday Only |

Important Dates

Thanksgiving Wrestling Practices:

11/23 to 11/25

Christmas Wrestling Practices:

12/19 to 12/30

Team & Individual Picture Day:

Monday, January 9th, 2023

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

7th Annual JV Tournament

Saturday, February 4th, 2023

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

AIA Sectional Tournament

Saturday, February 11th, 2023

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

AIA State Tournament

2/16 to 2/18/23

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

PINNACLE HIGH SCHOOL WRESTLING

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 we need help, bringing fresh items on the day of competitions!*

- ✓ 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, Jackie Slomin, on Instagram: [@weightcut.nutritionist](https://www.instagram.com/weightcut.nutritionist)**

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.intouchrecepting.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*

PINNACLE HIGH SCHOOL WRESTLING

Corporate or Personal Sponsorship Levels



➤ **BRONZE SPONSORSHIP**

\$300 or above

- ✓ Logo placed on our shared, full-color banner, displayed in the gym lobby throughout the season. It will be seen at all indoor sporting events, including wrestling and basketball.
- ✓ Quarter-page ad placement in our annual wrestling program, distributed at home meets.
- ✓ Logo will be posted on our team's social media pages and on our website.

➤ **SILVER SPONSORSHIP**

\$600 or above

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

- ✓ Upgrade to a half-page ad in our annual wrestling program.
- ✓ Sponsorship announcement during each home match.

➤ **GOLD SPONSORSHIP**

\$1,500 or above

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

- ✓ Separate full-color banner to be displayed in the gym throughout the upcoming season.
- ✓ Upgrade to a prominent full-page ad in our annual wrestling program.

Annual Wrestling Program Advertising

➤ **Available to one Sponsor per Area**

\$500 each

- ✓ **INSIDE FRONT COVER:** Full-page ad on the inside front cover of our annual program
- ✓ **BACK COVER:** Full-page ad on the back cover of our annual program
- ✓ **INSIDE BACK COVER:** Full-page ad on the inside back cover of our annual program

**** 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**

PINNACLE HIGH SCHOOL WRESTLING

PVUSD Participation Fee vs. Booster Club Fee

PVUSD Sports Participation Fee Due By:

Tuesday, November 29th

- 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 13th

- 80% Gear Package – 20% Booster Club Support
 - ✓ *Only time we ask for any financial support from our parents.*
- The PHS Wrestling Booster Club fee is **\$175** per athlete
 - ✓ *The Booster Club Fee is collected through our Online Team Store.*

Booster Club Fee Includes:

- Gear Package – Apparel for Wrestlers
 - ✓ *Sublimated Hoodie and Fight Shorts, Short Sleeve Dri-Fit & (2) different T-Shirts*
- Seasonal Wrestling Item(s):
 - ✓ *Season Kick-Off Party Costs*
 - ✓ *Programs for Home Meets*
 - ✓ *End of Season Gifts for Coaches*
 - ✓ *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 the Team Store
 - Sponsorships: Waive the fee by obtaining a Bronze level or higher sponsorship
- ⇒ ***If you obtain a sponsorship, please see the Head Coach prior to visiting our Team Store!***
- ***Coupon Code will be provided for check out.***

PINNACLE HIGH SCHOOL WRESTLING



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
2. Parent/Guardian(s) #2
3. Grandma(s)
4. Grandpa(s)
5. Cousin(s)
6. Uncle(s)
7. Aunt(s)
8. Family Doctor
9. Orthodontist/Dentist
10. Church/Social Leader

11. Scout/Troop Leader
12. Family Friend #1
13. Family Friend #2
14. Former Coach(s)
15. School Alumni
16. Local businesses that know you
17. Neighbor(s)
18. Parent's co-worker(s)
19. Friends of parents
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.***

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Parent Responsibilities

- **Support your wrestler** with nutritious foods at home, and healthy snacks meets and tournaments. They need good FUEL to perform their best.
- **Support the team** with our ONLY Fundraiser – SNAP RAISE
- **Freshman & JV wrestlers** are expected to support their Varsity teammates by remaining in attendance at meets & tournaments. 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 on serving on the Booster Club Board, or helping this season, please contact a PHS Wrestling Booster Club member!

👍 **Follow us on Instagram, Twitter & Facebook – @WrestlersPHS**

PINNACLE HIGH SCHOOL WRESTLING

Wrestler Responsibilities

- **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.
- **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 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
- **Follow us on Instagram, Twitter & Facebook – @WrestlersPHS**