



Sparkman High Wrestling Information

Contact Information

- Coach Watson: rwatson@mcस्क12.org
- Booster President, Amber Bacon: bacon.amber@ymail.com
- Remind: This will be the primary source of communications. You can choose cell phone texts, or email.
- Parents



Sign up for important updates from TDC Boosters.

Get information for **TDC Booster** right on your phone—not on handouts.


Pick a way to receive messages for **TDC Booster**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/tdcboo

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @tdcboo to the number 81010.

If you're having trouble with 81010, try texting @tdcboo to (571) 384-3616.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/tdcboo on a desktop computer to sign up for email notifications.



Sparkman High Wrestling Information

- Wrestlers

To receive messages via text, text **@sswrestler** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @sswrestler'.

Trouble using 81010? Try texting **@sswrestler** to **(863) 576-1961** instead.



Or to receive messages via email, send an email to **sswrestler@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



Website, Facebook and Twitter Information

- The Takedown Club web site is: <http://www.sparkmanwrestling.com>
 - The website contains:
 - Coach and Booster Contacts
 - Takedown Club Meeting Information
 - Team Calendar (subscribable)
 - Links for Volunteer events
 - Links for Wrestling Resources
 - Necessary Forms
 - FAQs



Sparkman High Wrestling Information

- Facebook Page: <https://www.facebook.com/SparkmanHsWrestling>
- Twitter: @SenatorWT

Fees Information

- Wrestling Fees:
 - What is the cost to participate in Sparkman Wrestling?
 - The fees for wrestling are \$200 for a single wrestler.
 - **Note:** \$50 Discount for subsequent members of same family.
 - This DOES NOT include the required clothing item fees.
 - When are the Wrestling fees due?
 - The Takedown Club officers will begin collecting wrestling fees August 1st.
 - Fees can be paid in installments or online using MySchoolFees.
 - Full amount is due by December 31st.

FAQ

- Wrestling is a(n):
 - **Individual Sport** - Since a wrestler succeeds or fails solely on his own efforts on the mat, the sport is a prime developer of fighting spirit, tenacity in the face of adversity, and self-reliance. His mistakes cannot be covered up by teammates and the coach cannot make decisions for him.
 - **Team Sport** - it takes the whole squad--every participant working at his utmost potential and each member supporting one another--to win important dual meets and the big tournaments.
 - **Demanding Sport** - Wrestling's vigorous demands require top physical conditioning and result in the development of better coordination and greater muscle strength. As a result wrestling is a great sport for football players and cross-country runners who want to stay in shape during the off-season.
 - **Safe Sport** - Wrestling is one of the safest sports one can participate in. Over 95% of the injuries are slight muscle pulls. There are three reasons for this safety record:
 - 1) It is the only sport that takes place on a 1-1/2 inch thick, foam rubber mat.
 - 2) There is one referee for just two participants of a match and the referee's first responsibility is to ensure the safety of the two wrestlers.
 - 3) The rules and regulations of wrestling are written with the safety of the wrestlers taking paramount importance. Among the rules are: no biting, punching, or grabbing of clothes; the body slam, full nelson, hammerlock and grabbing of less than four fingers are all illegal.
 - **Sport for Everyone** - It's the only sport where participants of all shapes and sizes compete against other competitors of equal weight. Where else can someone of 100 pounds win a championship in a contact sport on a varsity level?
- **What equipment does my wrestler need and where should I get it?**
 - Wrestlers will need to get shoes.
 - Only items are optional; knee pads, mouth guard, etc..
- **Is wrestling a "dangerous" sport?**
 - Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains. Wrestling has fewer serious injuries than football, basketball or ice hockey.



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- Competitors are matched by age and weight and this limits the chances of serious harm.
- **Is a mouth guard required?**
 - If the wrestler wears braces, then yes it is. All others are not required, are recommended to do so.
- **What is headgear and is it required?**
 - Headgear is designed to protect the wrestler's ears. If headgear isn't worn "cauliflower ear", or other injuries may result. Headgear is not mandatory during practice but strongly recommended. Headgear is required during matches and is provided by Coach Smith. Headgear is provided, but can be purchased as well.
- **What to expect during a Tournament:**
 - Tournaments are for the most part all day events.
 - Weigh-in begin around 6:00 am or 7:00 am
 - Don't eat prior to weigh-in, there is plenty of time after to eat breakfast. Bring something with you, or the concession stands will have breakfast.
 - Matches typically start between 8:00-9:00 am
 - Brackets will be posted, and match schedules are projected on the wall
 - In the early part of the day, the time between each match the wrestler has can be quite long. It could last 1 to 3 hours depending on the number of schools and wrestlers that attend. As the day progresses and wrestlers are eliminated, the time between matches is shorter.
 - Additional information:
 - *Expect to be at the Tournament for several hours, up to a 12 hour day. Ensure you have pads for the bleachers*
 - *A battery back-up for cell phones/Tablets are recommend.*
 - *Make sure the wrestlers have plenty of drinks, food, or money to take care of them for the day.*
 - *Expect at least 2 meals and snacks in between.*
 - *Entry fees to the Tournament is normally \$10 per person.*
 - *Bring plenty of items to entertain the wrestlers, yourself, and any siblings you bring along*