



New Wrestler/New Wrestling Parent Info

So you say you want to wrestle? If so, then here's the info you will need to know and the ways that you can stay up to date with all EC Wrestling related information!

- You will need a COMPLETE physical packet. Stop by the athletic office (at the front of Thrower Gym) or the front office and pick up an athletic physical packet. It will need to be filled out in its entirety before you can participate. Turn it in to one of the wrestling coaches OR to Missy Watson in the athletic office.
- Cost/Fees involved to wrestle: Team fees are \$350.00 per season. These fees help to fund team costs for entries to compete, wrestling room improvements and cleaning supplies, and miscellaneous costs throughout the season. Also included with this fee are the wrestler's team clothing and uniform for the year. There are a few ways to help offset this cost, including selling team sponsorship and our year-long meat sale fundraiser. Other costs will include the wrestler paying for their weight assessment (\$10.00 cash), purchasing wrestling shoes and a headgear (approx \$100-\$150, depending model). We do not make the wrestlers purchase a specific shoe or headgear, but there are a few models that are recommended.
- Eligibility/Grades: You will need to be deemed eligible by the athletic dept, based on your previous years grades. You must also be on track to graduate by the number of credits earned. On top of your yearly eligibility, our wrestling team standards for grades are higher than that of the school. If during the season you have one failing grade, you will be placed on a weekly probation contract. If you have more than one failing grade, you will be placed on athletic probation and will not be practicing or competing until the grades are raised to an acceptable level.
- Communication: See the reverse side for all things communication related!

- Remind- We use remind to get quick messages out to all parents and wrestlers. Please see the instructions below to sign up
 - IF YOU ARE A WRESTLER:
 - text the message @ecwrestler
 - To the number 81010
 - IF YOU CAN'T TEXT BUT CAN EMAIL
 - Email ecwrestler@mail.remind.com
 - IF YOU ARE A PARENT:
 - Text the message @ecwparents
 - To the number 81010
 - IF YOU CAN'T TEXT BUT CAN EMAIL
 - Email ecwparents@mail.remind.com

- Twitter-If you would like to join our twitter feed, our twitter handle is @ECWrestle

- Facebook-search for us on facebook using @EastCowetaWrestling; we would love to have you join our page!

- Email: If you don't currently receive emails from EC Wrestling, please email matthew.ferrari@cowetaschools.net so that I can add you to the distribution list.

- Website: Our wrestling website is www.eastcowetawrestling.com All paperwork and current information, pictures, and other information is posted here.

Questions?? Please email me at matthew.ferrari@cowetaschools.net or email Chad Kollert at chad.kollert@cowetaschools.net

We look forward to having you join our wrestling family!!!!

EC Wrestling