

Elementary Wrestling

There will be two nights to sign your child up for wrestling. Both will be in the High School cafeteria from 6:30-7:30. The first date will be **Thursday November 5th** and the second will be on **Tuesday November 10th**. You may come to either one.

The cost to participate is \$30 and all your wrestler will need is shoes and a headgear. We do have a box full of shoes from past wrestlers so it may be a good idea to come see what we have before buying new ones!

K-2 wrestling will not be possible this season. Due to covid restrictions we're are barely able to run a dual meet on a Sunday with only the 3-6 age group there. If your wrestler in 1st or 2nd grade, in your opinion, has a legitimate shot at winning a varsity spot on the 3-6 team, he/she may practice with the 3-6 team until the first wrestle off. If a varsity position is won, that wrestler may practice and compete with the 3-6 team all season. If the wrestle off is lost, that wrestler may no longer practice or compete with the team.

3-6 will be coached by Tim Carter along with many parents that help in the room. This level practices at the middle school 2-3 times per week for 75-90 minutes at a time.

Schedules will be available at sign ups. Please check out our website as nearly everything Selinsgrove wrestling related can be found there. www.selinsgrovewrestling.org

Elementary Wrestling Covid Procedures

Understand that even though you may not agree with all the precautions that need to be taken this year, keep something in mind. The wrestling program has two options which are to follow these procedures and have a modified season or turn the lights off on elementary wrestling altogether. You as a parent have two options as well. Follow these procedures, or don't sign your child up for wrestling this season and wait till next year. If we have a single issue with parents or coaches not following procedures, the season will come to an end.

Practice

- There will be a team meeting on the day of the first practice. All wrestlers and parents need to be present at this meeting. It will be held in the Middle School Café at the start of practice.
- No parents are permitted to wait inside the school. They may drop the wrestler(s) off and then will need to come back at the end of practice to pick them up.
- At any point you need to travel inside the school for any reason all wrestlers and parents must be wearing a mask. The wrestler is permitted to take the mask off when entering the mat room to begin practice.

Elementary Wrestling

- The wrestlers will enter the basement door to the mat room which is located down the long ramp on the side (football field side) of the middle school. Wrestlers will also be picked up at the same door at the end of practice. It's the long ramp behind the dumpsters.

Dual Meets

- Wrestlers will report at 11:45 for weigh ins at 12:00. The dual meet will start at 1:00 each Sunday. After weigh ins the coaches will do their best to get a JV match lined up for any 3-6 wrestler that does not have a varsity spot. These JV matches will be wrestled directly after the varsity match. There will be one mat set up and will be used first for the varsity match and then JV matches to follow. When all matches are wrestled the dual meet is over.
- Both teams are limited to a 35 total capacity meaning between coaches and wrestlers, they're not to bring more than 35 total from the team.
- Each elementary wrestler is permitted one adult to attend the dual meet.
- There will be no charge but as each wrestler signs in he must do so with his/her one adult for the event.
- All home events can be viewed at the following link
<https://www.nfhsnetwork.com/schools/selinsgrove-area-high-school-selinsgrove-pa>
The cost is \$10.99 per month or \$69.99 per year.
- **ALL** fans/coaches/wrestlers from either team must wear a mask while inside the building. If at any point someone refuses to wear one the dual meet will be halted until that person(s) complies. If you expect to come and not follow the rules, please stay home.
- Wrestlers must wear a mask while sitting on the bench, if the wrestler is warming up, wrestling, or just finished he/she does not need to wear a mask. It will be expected that 5 minutes after a match is wrestled, the wrestler should return to the bench with a mask on.