

JH/Varsity Team Handout/Checklist

- If you are not already on instateam you need to do so now. Directions are below.
- All home matches will be streamed on the following site. The cost is \$10.99 per month or \$69.99 per year.
 - <https://www.nfhsnetwork.com/schools/selinsgrove-area-high-school-selinsgrove-pa>
- Hydration tests will begin on Friday October 23rd for football players during seal time. All other wrestlers in grades 9-12 will be taking the test after school starting on Monday October 26th.
- Whether you have played a fall sport or not, everyone needs to fill out the online form at the below address.
 - <https://www.familyid.com/organizations/selinsgrove-area-school-district-2>
- If you have not yet paid the activity fee it must be paid before the start of the season. If you would normally be on free or reduced lunch, you do not need to pay it. The cost is \$40. Cash or check will work and checks should be made out to "Selinsgrove Athletic Fund".
- Physicals need to be completed by the start of practice. You can pick up a hard copy in the high school main office if you need one or download a copy on the schools main site. There will not be free physicals this year like we have done in the past, so you need to get it on your own.
- All 9-12 wrestlers should bring both the activity fee and physical forms to me first instead of the office. This way if it ends up disappearing somehow, I can vouch for the wrestler.
- There will be a team meeting on Thursday 11/19 in the high school cafeteria for all wrestlers planning to wrestle varsity this year. I need all wrestlers to be present with at least one parent. Also, since it's a meeting on school property, everyone needs to wear a mask.
- There will be a team meeting for all Junior high wrestlers and parents on Monday, November 23rd in the middle school café at 5:00 directly after practice. Again, everyone needs to wear a mask.
- The first practice will be Monday November 23rd from 3:20-5:20.
- All schedules, updates, and any other information can always be found on our website.
www.selinsgrovewrestling.org



Instateam App Directions



1. Go to the app store on your cell phone.
2. Download the free app "instateam"
3. Once downloaded open the app and tap on enable/allow notifications.
4. Tap "Let's Get Started".
5. Tap "Create New Account".
6. Type in some basic information and tap "Create New Account".
7. Confirm your email after being sent the "verify your email" message from instateam.
8. Once you confirm your email go back to the instateam app and tap "Continue".
9. Tap "Add Teams" and either enter the code for your team or just search the team name.
 - a. Selinsgrove Varsity Wrestling = MARPYH
 - b. Selinsgrove Junior High Wrestling = MARVFW
10. Enter your name followed by your child's name.
11. You're are now a member of the group!