



2020 Wrestling Season Information

Hello Troy Wrestling families,

Below is information about this upcoming season. Due to COVID, my own personal family events, as well as the craziness of the current situation with Troy City Schools, we will not get a chance to have a face to face meeting before our first practice this Friday. Please read this entire announcement and email me or call with any questions. This season is going to be very different, but we will do everything we can

to stay safe and continue to improve our wrestling and overall growth as individuals!

Please emphasize to your child that they have a lot to lose outside of the wrestling facility. They need to make sure they are not hanging out with people other than their group to limit exposure to COVID.

Our goal is to not have to quarantine one group (when/if the time comes) while the other group continues forward. This is better than the entire team!

What to expect:

- We will be breaking the kids into two groups. **An email to your child will be sent Thursday so they know which group to be in.** One group will be lifting/running outside of the room and the other will be learning technique and wrestling inside the room. Therefore, they will need the following gear for each setting:
 - Wrestling Shoes, Headgear, extra tee shirts and shorts for the WRESTLING group
 - Athletic (running) shoes, workout gear for the RUNNING/LIFTING group
- We will disinfect everything daily, as well as mop the mats immediately after sessions.
- The group that is in the wrestling room, in direct contact with other teammates, will be required to shower in small groups assigned. The lifting/running group can change clothes and leave without showering since they were not in direct contact with each other. They will be using the PE locker room.
- We will be battling the normal battle of skin conditions, normal flu cases, as well as this other monster. Cooperation and patience are going to be needed!
- ***Up to date physicals must be completed before Friday, November 13th in order to practice, as well as any other forms that need to be filled out through TCS athletic website.**
- Practices will vary in length but will not exceed 2 hours:
 - Running/Lifting group 1-1.5 hrs
 - Wrestling group-1.5-2 hrs
- Please arrange for transportation within a reasonable time after practices or events. Departure and arrival times will be relayed as we get closer to finalizing the schedule.
- We will experience cases of COVID, it is inevitable so we will take it as it comes. Our goal is to front load our schedule in hopes of wrestling the maximum number of matches possible.
- There will be NO JV Schedule and I cannot promise everyone getting matches.
- We have higher numbers and in the past, which brings some depth to our line up. We coaches wrestle the best wrestler regardless of age. Wrestle offs determine this and we take this case by case.
- Schedule will be communicated when finalized. MVL athletic directors are meeting next Wednesday. **Tentative schedule is below.**
- Click the link to the online [2020 Troy Wrestling Team Store](#)-order ASAP **W6625 is the code**

IMPORTANT DATES AND UPCOMING EVENTS:

Friday November 13th 3:15-5:00 1st Practice

Saturday November 14th 8:00am - 10:00 am Practice

Wednesday November 25th 9:45 am **MANDATORY WEIGHT CERTIFICATIONS AT PIQUA JH**

***parent consent for urinalysis form and body composition worksheet will need to be signed and returned (will be distributed in a couple of days)**

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