

Dear Parents,

I am happy to announce I will be the interim head coach of the boys wrestling team for the rest of the school year. Attached is important information with dates and times. Please look them over and sign and return the last page only. Keep the other page for your refrigerator. Under the first 'must do to wrestle' section, you may have some questions. Don't hesitate to contact me if you feel the need.

Here I will provide some more information.

Athletic clearance is a must. You can go to athleticclearance.com and click on CA button. From there either login or create an account. There is information to fill out. At the end it requires a signature page from a doctor. Make an appointment as soon as you can. The signature page (page 4) can be uploaded as a picture from your phone if needed. I am sending home a copy of the physical form too. If you need additional help, we can get some. **There may be a date to do this at school. Ill let you know if/when I find out.**

Hydration is an evaluative process by a trained professional to assess the lowest bodyweight possible for your student to wrestle at. This does NOT mean they will wrestle at that weight. Its just determines the lowest weight class they can go. They must have this to wrestle. Freshmen or beginners do not cut any weight. In fact, with proper healthy eating their weight to muscle ratio will adjust naturally. The best you can do as a parent is help them eat healthy. For season cut out the junk food, like chips, soda and candy. Eat plenty of healthy veggies, protein, carbs, and fats. They don't need to 'diet'

Grades are very important. A wrestler cannot participate if their G.P.A is under 2.0. there is no quick fix if they go under. The system flags them, and I cannot even let them wrestle. This sport is tough. Season is demanding. Your wrestler will need to balance schoolwork and practice. This kind of discipline is a great life skill to have. They will be all the better for it. I suggest students address any low grades before it gets bad. Reach out to a teacher or tutor at school. Be proactive in your education.

Parents, please get on remind. This is one of the best ways to stay up to date on what's happening. Coach Dash oversees it and messages often. If you are not already on it, please download the Remind app. Once in there 'add class' the **class name: El Toro Wrestling Team**, in **class code: @coachpedra**

Thank you for your time. Together we will make this season great! We need your support including financial contributions. We also need volunteers. Both of which I will provide more information on soon. Even just showing up to tournaments and cheering for the wrestlers means a great deal. Your involvement makes all the difference. I know we are all busy but please feel welcome to join us in our season.

Thank you,

Coach Alonso

Wrestling season '23/'24

****MUST DO TO WRESTLE****

Athletic clearance! Get cleared immediately. Cannot wrestle or practice without it.
Hydration! You must hydrate or cannot wrestle. This determines the lowest weight you can wrestle at and coaches must turn in at every tournament. You do not have to wrestle at your hydration weight.
Grades! Must be above 2.0. Don't even be near that line. Work hard now. Season only gets harder.

DATES

October is our preparation month. November 1st is the official start of season.

HYDRATION: MONDAY, OCTOBER 16, 4PM-6pm, 10\$, cash only, at El Toro.
ZOMBIE SLAM: SATURDAY, OCTOBER 28, 10AM-12PM, main gym El Toro
Parents, please come out to support your students as they showcase their skills.
OFFICIAL SEASON START: WEDNESDAY, NOVEMBER 1,
WRESTLE OFFS: WEEK OF NOVEMBER 6, FOR V/JV/FS TBA
SIX WAY DUAL TOURNAMENT: WEDNESDAY, NOVEMBER 15, here at El Toro, Varsity
ESPERANZA HIGH: SATURDAY, NOVEMBER 18, JV
...A list of further dates will be coming soon.

WEEKLY PRACTICE SCHEDULE AS OF NOV 1ST

***Optional reinforcement begins October 9. Open to all levels. First half is drilling lessons from earlier practice. Second half is a chance to work on specifics. No more weight room as of today 10/3/23.**

	MON	TUE	WED	THUR	FRI
300-400 BEGINNER	NIEBLAS	HUFALAR	HUFALAR	HUFALAR	NIEBLAS
400-530 ADVANCED	NIEBLAS/ DASH	DASH	DASH/ NIEBLAS	DASH	NIEBLAS
*530-630 OPTIONAL REINFORCEMENT	ALONSO	ALONSO	ALONSO	X	X

Schedule is subject to change.



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Wrestling season '23/'24

PARENT/WRESTLER SIGNATURE

Print name

Signature/ date

Parent _____

Wrestler _____
