

Good afternoon LDYW Families,

A few updates...

1. **Our first practice (and meeting) was a success!** Thank you for being flexible and open to our process.

*Next week, we will break into the novice/new group (Tuesdays/Thursdays from 5:45-7pm in LDHS Wrestling Room led by Coach Fackler and

Coach Brenneman) and the open/experienced group (Mondays/Wednesdays from 6-8pm in the Field House led by Coach Santucci, Coach

Bowman, and Coach Deimler).

*Coaches will direct you and your son to the right group. If you have questions, please contact me.

2. Registration closes November 30. I realize that some families are using this week to "try before you buy." That works for us.

3. **For the safety and health of everyone:**

***If anyone is sick or in a house with sick people, please do attend our events.**

***Please inform your wrestlers to stay off the pull up bars.**

***Wrestling shoes should only be worn on the wrestling mats. We do not want germs and dirt from the floors to get onto the wrestling mats. Mats are expensive and special surfaces. Bring slides to wear over wrestling shoes during bathroom visits.**

***At home, before practice, please ask your wrestler to use the bathroom. With so many wrestlers who need help with un/tying shoes, this takes time away from coaching. Managers will help with this situation. The only school bathroom wrestlers should use is located in the 700 wing (the hallway that stems from the cardio room). Coaches will give directions about this tonight.**

4. Our Mr. Sticky sticky bun order form is only for regular (without nuts) sticky buns.

5. Lyndsey Stuckey will be present tonight to sell Pura Vida bracelets (see attached) for the LD Varsity Wrestling Program. They cost \$10.

6. We may re-weigh the wrestlers tonight using the new digital scale.

7. Our [online store \(GS Designs\)](#) is open. The technical glitch was resolved. Cold? There may be a jacket or sherpa added soon (no promises!).

8. Be sure to join our Remind (text @LDYW to 81010 after downloading the Remind app).

Again, thank you for the flexibility and understanding. If you have any questions, concerns, or comments, please contact LDYW leadership.

Thank you!

LDYW Board and Coaches