2024-2025 Taylorsville

Women's Wrestling Team Commitment

Welcome to Taylorsville Wrestling! We are so excited to have the opportunity to face challenges, to experience breakthroughs and to create a successful season where coaches, wrestlers and parents will win the Warrior Way.

COMMUNICATION

- Promptly communicate with coaches as questions/issues/concerns arise.
- Provide advance notice regarding absences.
- Promptly notify coaches of injuries and ask for help.

DEPENDABILITY

- Be on time and stay until the coaches dismiss you.
- Be present in the classroom and on the mat. Put your cell phone away.
- Be accountable.

HARD WORK & RESILIENCE

- Show up to support Warrior Women's Wrestling activities and sporting events.
- Attend all practices and wrestling meets, even if an injury prevents wrestling.
- Learn from mistakes.

RESPECT

- Demonstrate good sportsmanship and a positive attitude on and off the mat.
- Maintain high standards that positively represent Warrior Wrestling while at school, home and in the community.
- Help your teammates in the classroom, halls, and on the mat.

RESPONSIBILITY

- Be prepared.
- Attend study halls when needed.
- Maintain a 2.5 GPA and do your best at school.

Wrestlers and parents can count on the following from coaches:

- Support wrestlers with Warrior Way expectations and academic needs.
- Clear/consistent communication and advanced notice, as much as possible.
    - Join *Remind* APP **@taywwr**.
- Representation at practices, meets, and team activities.
- Respect wrestlers'/parents' schedules by adhering to practice times.
- Time to talk when questions/concerns arise.

2024-2025 Wrestling Season: November 11, 2024- February 13, 2025

ELIGIBILITY

**These items must be done by October 31, 2024 (before tryouts) FORMS on website

- **Complete RegisterMyAthlete (RMA) and a physical.
- **Complete the Acknowledgement of Risk form (upload to RMA).
- **Sign up for *Remind*: **@taywwr**
- ****Maintain 2.0 GPA or higher (Quarter 1 & Quarter 2 GPA check)**. Wrestlers who do not meet the 2.0 requirement after Quarter 1 can still try out for the team and work toward Quarter 2 eligibility.
- Grade check will be every Monday to determine eligibility for the week.
    - Wrestlers who have a 2.0-2.5 GPA OR D/F grades will be on academic probation and must attend study hall.
    - Wrestlers with below a 2.0 GPA and/or 2 or more Fs are not eligible to compete until they become eligible.
- School discipline matters may impact eligibility.

PRACTICES

- Monday-Friday; dressed/ready to wrestle by 2:30 p.m. Practice ends at 4:30 p.m.
- Wrestlers will attend practice, even if injury prevents them from participating.
- Concussion protocol will be followed.
- Wrestlers who are late or leave early will take .5 day absence.
- No cellphones will be allowed during practice.
- No guests are allowed during practice.

ABSENCES

- You are committing to a team. You will have a schedule in advance. You are expected to show up.
- Wrestlers who miss a practice will need to demonstrate they can meet a fitness standard prior to wrestling at the next meet. This is for safety.
- Wrestlers who miss **4 practices or meets** will be dismissed from the team.

STUDY HALL

- **Monday-Thursday in Coach Tucker's room (H-108) from 7 a.m. -7:30 a.m.**
- If wrestlers meet eligibility before the next meet, they can participate.

MEETS (Schedule)

- Wrestlers will attend all meets to support the team, even if injury prevents them from participating.
- Wrestlers who do not meet eligibility requirements may not be allowed to leave school early to attend meets.

- Meet in the Wrestling Room at 2:30 p.m. on meet days, unless told otherwise.
- Wrestlers will ride the team bus to and from each, unless riding home with a parent/legal guardian.
    - The parent/legal guardian must talk to the coach in person.
- Wrestlers **must be in team uniform** to board the bus to the meets.

WRESTLING FEES

The Wrestling fee is $319. This covers wrestler gear, hydration testing, tournament fees, transportation to meets, banquet and awards. The fee does **not** cover wrestling shoes and headgear. School fee waiver applies to wrestling fees. The team will organize fundraisers that wrestlers can participate in to help cover fees. **The fee must be paid to the Bookstore in G-Hall by October 31, 2024.**

WEIGHT TRAINING WRESTLING CLASS

There are a few weight training classes for athletes. Weight training is an important component for wrestlers to build strength and prevent injury. Wrestlers are **STRONGLY ENCOURAGED** to be in the weight training wrestling class during the wrestling season (Quarters 2 & 3). Coaches will work with counselors to make necessary schedule adjustments, unless it is academically impossible or if parents are not in agreement.

QUESTIONS/COMMUNICATION WITH COACHES

General questions can be texted via the Remind App. If you need any additional support, please email Coach Garcia and/or set up a time to meet.

Coaches may need to update this document through the season. In any case, wrestlers and parents will be notified.

If you have any questions, please do not hesitate to reach out. Thank you so much for your commitment to Taylorsville Wrestling!

Coach Garcia, Coach Tucker & Coach Hesslau

Coach	Contact Information	Role
Maria Garcia Head Coach	mtgarcia@graniteschools.org Counseling Center, G-Hall	Oversee team operations Communicate team information Run practices/attend meets
Julie Tucker Assistant Coach	jltucker@graniteschools.org Room H-108	Run practice/attend meets Eligibility Study Hall
Nick Hesslau Assistant Coach		Run practice/attend meets
Volunteer Coaches		
Shawn McNiven	sdmcniven@graniteschools.org Room I-203	Run Practice Technique
Dave Berg	dberg@graniteschools.org Room H-110	Study Hall

Coaches will create a team roster with wrestler and parent contact information. The purpose of this is to help wrestlers and parents connect and collaborate during the wrestling season. The roster will only be distributed to wrestlers and parents via Remind and e-mail.