



2025 Important Info for Parents and EGMS Wrestlers!

- **Practice Days/Time:** Mon/Tue/Thur/Fri from 2:30 -4:30 pm
: Wed from 1:30 – 3:30 pm
: First day of practice is Tues, Jan 7th 2025
- **What to Wear:** Athletic Shorts / T-shirt / Wrestling Shoes / Headgear
(Loaner shoes and headgear may be available upon request).
- **Registration:** Go to Familyid.com
- **If you haven't wrestled before, NO PROBLEM, we are looking for new wrestlers! Guaranteed we will have a good time and you will become a better person and student-athlete by joining the Team!**
- **Coaches:** Rob Tanner, Keith Sides, Dave Richardson, Scott Byer, Pat Vargas
- **Contact Info:** rob.tanner@redmondschools.org
Call or Text Rob @ 503-812-3221
- **10 Expectations that require ZERO talent, just commitment from you!**
 - ✓ Show up on time
 - ✓ Have a good work ethic
 - ✓ Give 100% effort
 - ✓ Demonstrate positive body language and attitude
 - ✓ Be coachable AND talk to your coaches
 - ✓ Learn something daily and write it down
 - ✓ Be prepared, think ahead
 - ✓ Do the extra little things
 - ✓ Show passion and have fun
 - ✓ Apply the above to wrestling, school AND your daily life!