

SHEPHERD MIDDLE SCHOOL WRESTLING
2015

PARENT MEETING AGENDA

- Coaches
 - Lucas Logan - Head Coach and 8th Grade Coach: 11th year coaching, coached Shepherd and in Billings for 7 years and 4 years in Indianapolis. Wrestled at Great Falls High School under Walt Currie and Mike Raneari. Played football at Rocky Mountain College and graduated with a Mathematics degree in education.
 - Matt Poe – 7th Grade Coach: 2nd year coaching at Shepherd and wrestled for Great Falls High School as well. Matt is a deputy for the Billings Police Department.
 - Hard copies of the calendar will be handed out to the wrestlers and at the meeting. Calendars include practice times and days off. They will not be online.
 - Travel and Meet Protocols
 - All school rules apply- (code of conduct)
 - You will wear the uniform assigned to you.
 - Keep your warm-ups and head gear with you.
 - If you have electronic devices they are your responsibility.
 - Warm up as a team.
 - Sit together as a team in the bleachers.
 - You are responsible for all meals snacks and drinks.
 - Keep your area in the stands clean.
 - You cannot leave the building we are competing without coaches' permission.
 - You can only ride home with your parent. Parent must sign the travel release form.
 - You are there to compete and not socialize.
 - Treat your teammates with respect and cheer for them when they are wrestling.
 - One unexcused practice means you will miss that week's meet. Two missed practices, excused or not, means you will also miss that week's meet.
 - Repeated detentions and poor behavior in class may result in a suspension from a meet or meets.
 - Missed practices will be considered unexcused if the coach is not given prior notice.
 - Wrestler of the Week awards are handed out after each week for superb performance and substantial improvement.
 - When a grade check is performed a wrestler will have two weeks to improve any grades below a C. If the grade is not raised to a C in two weeks then the wrestler will be held out of meets until the grade is raised.
 - On the Bus.....
 - Pick a seat and remain in it.
 - Keep your area clean.
 - Use conversation voice levels.
 - Electronic devices must have headphones.
 - Follow all Bus driver rules and directives.
 - Violation of these rules will result in you losing the privilege to travel.

SHEPHERD

MIDDLE SCHOOL WRESTLING

T-SHIRT ORDER FORM

AND

INFORMATION SHEET

FIRST OFFICIAL MAT PRACTICE—OCTOBER 19TH 615 - 745

PARENTS MEETING: OCTOBER 20TH 600 – 645PM. IF YOU CANNOT ATTEND THE MEETING ALL INFORMATION IS ONLINE.

WRESTLERS MUST HAVE THE FOLLOWING TURNED IN BY OCTOBER 27TH TO BE ABLE TO PRACTICE: CODE OF CONDUCT, PHYSICAL, EMERGENCY CONSENT, IMPACT TEST, ACTIVITY CARD (IF YOU PLAYED MIDDLE SCHOOL FOOTBALL YOU ARE IN THE CLEAR)

PRACTICE GEAR—

WRESTLING SHOES, CLEAN T-SHIRT AND SHORTS EACH DAY

DO NOT WEAR THE SAME PRACTICE GEAR WITHOUT IT BEING WASHED.

T-SHIRT ORDER FORM

PLEASE BRING TO MR LOGAN BY OCTOBER 13TH

WRESTLERS NAME _____

PLEASE CIRCLE THE SIZE: XS S M L XL XXL

COST \$ \$ FOR XXL

MAKE CHECKS PAYABLE TO: SHEPHERD SCHOOLS