



**Coronado Wrestling
Expect Success
2021**

Wrestling practice begins **Monday November 15, 2021 at 3:30 pm**. You must be cleared through the business office before you can practice. You should have paid your sports fee and filled out your emergency information card.

Every athlete must be registered on rschooldtoday.com and have their physical form uploaded. Sports fee must be paid to the business office before they can participate in practice on November 15. They must also give the coach an emergency contact information card with the receipt that says they have paid their athletic fee. The registration link is <https://coronadohs-ar.rschooldtoday.com/>

If you have any questions about rschooldtoday.com or registering your son or daughter, please contact one of the following:

Girls Wrestling is a part of our program at Coronado now. We have worked hard to let our girls wrestle for Coronado. They will practice the same time the boys do. CHSAA is requiring that the girls wear a spandex type of short and sports bra underneath the singlet they compete in. I am asking we do the same for practice. They do not need to wear a singlet at practice. Shorts, sweats, t-shirt, sweatshirt any proper workout gear. No spaghetti strap type tops.

Athletic Director: Jimmy Porter	328-3641	jimmy.porter@d11.org
Athletic Support: Christine Baurers	328-3665	christine.bauers@d11.org

We are looking for **parent volunteers** to do a water distribution sign-up list for each event and a parent to organize senior night which is usually the last home league dual.

Make sure the wrestlers have clean workout gear every day. They must shower every night after practice. Use antibacterial soap and Head and Shoulders Shampoo. They will need to get a lock if they are going to change and keep anything in the locker room. Most of them just bring their items to the wrestling room.

Team pictures will be taken in the wrestling room on Tuesday December 7, 2021 @ 3:30pm in the Coronado Wrestling Room. Our pictures will be taken by Colorado Classic Images 930-7309

Westside Wrestling Club will start Monday 10/18/2021 at 6:00pm. Call Coach Clint Brickell if you have Questions 432-7282

The **wrestling schedule** and any updates will be located on CSMLeague.org

Weight Certification: All wrestlers must be officially **weight certified** before their first competition. This season it must be done by December 4th if they want to wrestle in the first competitive event. As a parent you have the right to raise the weight certified by the process but not lower it. Wrestlers need to make sure they are properly hydrated the day of the test in order to pass the hydration test.

Parents please get your email to me brickell5@msn.com so we can keep you up to date on current information. Coach Brickell C: 229-9470

Requirements for all practices: Your own water bottle, running shoe, head gear, wrestling shoes, and a positive attitude.

