

Santan Jr. High 7-8th Grade Wrestling

Coach Joe Abeita – Joseph.abeita13@gmail.com

Julie Wilkinson – STJH Athletic Director

Welcome to 2024 Santan Wrestling! This packet informs athletes and parents about practice times, team expectations, and a competition schedule. Please read the following information with your student/athlete, sign the attached agreement, and return the agreement to Coach Abeita.

Practice Schedule:

Given the large number of matches in a short amount of time, **ALL practices are mandatory!** If you cannot make it to practice or a match, you must let your coach know before the practice. Please refer to the attendance policy for missed practices. Practices are subject to change, please keep updated with the Remind app for changes in practice schedules.

Communication:

All-important announcements will be shared through Remind. **PARENTS MUST SIGN UP AND REGISTER.** To join text: @santan2024 to 81010. Or on your remind app enter our class code @Santan2024

Attendance Policy:

1. Attendance will be taken at every practice.
2. **Unexcused Absences** – The athlete will not participate in the next match.
3. **3 Unexcused Absences** – The athlete will be dismissed from the team.
4. **Excused Absences** – The athlete or their parent/guardian must notify the coach by REMIND or by email before the absence occurs.

Transportation:

- **To practice:** Athletes will be transported from Santan JH to ACP HS after school to use the ACP wrestling room. They will leave Santan JH at 4:30, arrive at ACP, and begin wrestling practice. Athletes must be picked up from parents/approved guardians at ACP High School. Please refer to the ACP driving map for the correct location to pick up athletes after practice.
- **Carpooling:** If you plan to have your athlete picked up by another guardian or parent, you must notify Coach Abeita. To do this, you must fill out the proper forms to allow the release of your athlete. This is **MANDATORY** and no exceptions will be made.
- **To matches:** Athletes will be transported by the school to away matches.
- **All athletes must be picked from away matches and away practices.** Also, for tournaments (Midseason & EVC Championships) parents must drop athletes off at these events.

Grades:

- Weekly grade checks will be completed every Thursday afternoon.
- Any form of ineligibility forfeits the athlete's Varsity or JV position.
- If an athlete is **below 60%**, a player must sit out one meet and must raise their grade before they can participate in matches. Students below 60% on the grade check will be ineligible for the following week's matches. Ineligible Athletes may not travel with the team to away matches.

- Eligibility for matches is handled by the school. If there are any issues with grades, the school's athletic department will help navigate the situation.
- **An ineligible athlete is still required to attend practices even if ineligible for competition.** Unless they have prior commitments for tutoring.

Behavior:

Any bad behavior reported by transportation from any practice or meeting will result in automatic team or school suspension and possible removal from the team.

1. **OFF-CAMPUS SUSPENSION = MAY RESULT IN REMOVAL FROM THE TEAM.**
2. Any student sent to in-school suspension will not compete in the next match. If a student is sent to I.S.S. for a second time in one season, that student will be removed from the team.
3. Any student sent to C.A.R.E. will not wrestle in the next dual. 2nd C.A.R.E slip will result in suspension from competition the following week. 3rd C.A.R.E slip will result in removal from the team.

Equipment:

- Equipment necessary for wrestling is minimal. Athletes will need to provide their **wrestling shoes** and running shoes that will be used every practice. Athletes must bring a pair of adequate running shoes.
- Athletes must bring clean **workout clothes** to each practice: Basketball shorts, T-Shirts, socks, ETC. All attire worn at practice must abide by the STJH dress code.
- **Competition:** Athletes must wear headgear. STJH will provide a pair of headgear. Athletes may use their own headgear.
- **Braces:** Students with braces **MUST** wear top and bottom covering mouthguards during matches. This is a requirement and is recommended to practice wearing it to prepare for matches. Contact Coach Abeita for recommendations for mouthguards or any questions regarding this.

Guidelines:

1. Athletes must be cleared by the Athletic Department before participating in the practice.
2. Athletes must be on time and prepared for practice.
3. Athletes need to bring water to practice and drink plenty of water throughout the day.
4. **Athletes must take a hot shower with soap, immediately after practice.**
5. All STJH uniforms will be returned in the same condition it was given to each athlete.
6. Athletes must possess a positive attitude.
7. Athletes must do their best at practice, as well as at matches.
8. Any sort of Bullying, Hazing, or similar behavior will NOT BE TOLERATED. Any acts of this, in school, in practice, or outside of school will result in immediate team suspension and may result in removal from the team.
9. All athletes must always show Respect and Responsibility for themselves, their coaches, teammates, officials, and opponents.

Parent Involvement:

- **Parent Meeting** – The parent meeting will take place on July 31th, 5:30 PM at Santan Junior High. Practice is TBD on this day. I look forward to seeing you all at our parent coach's meeting. Please reach out to Coach Abeita directly if no guardian can attend this meeting.

- **Please stay up to date with REMIND for important notifications.**
- Volunteer for home and away matches – If you are interested in assisting the coaching staff before or after home matches, please contact Coach Abeita.
- We hope you can attend our games and encourage our athletes. Positive motivation during games is greatly appreciated.

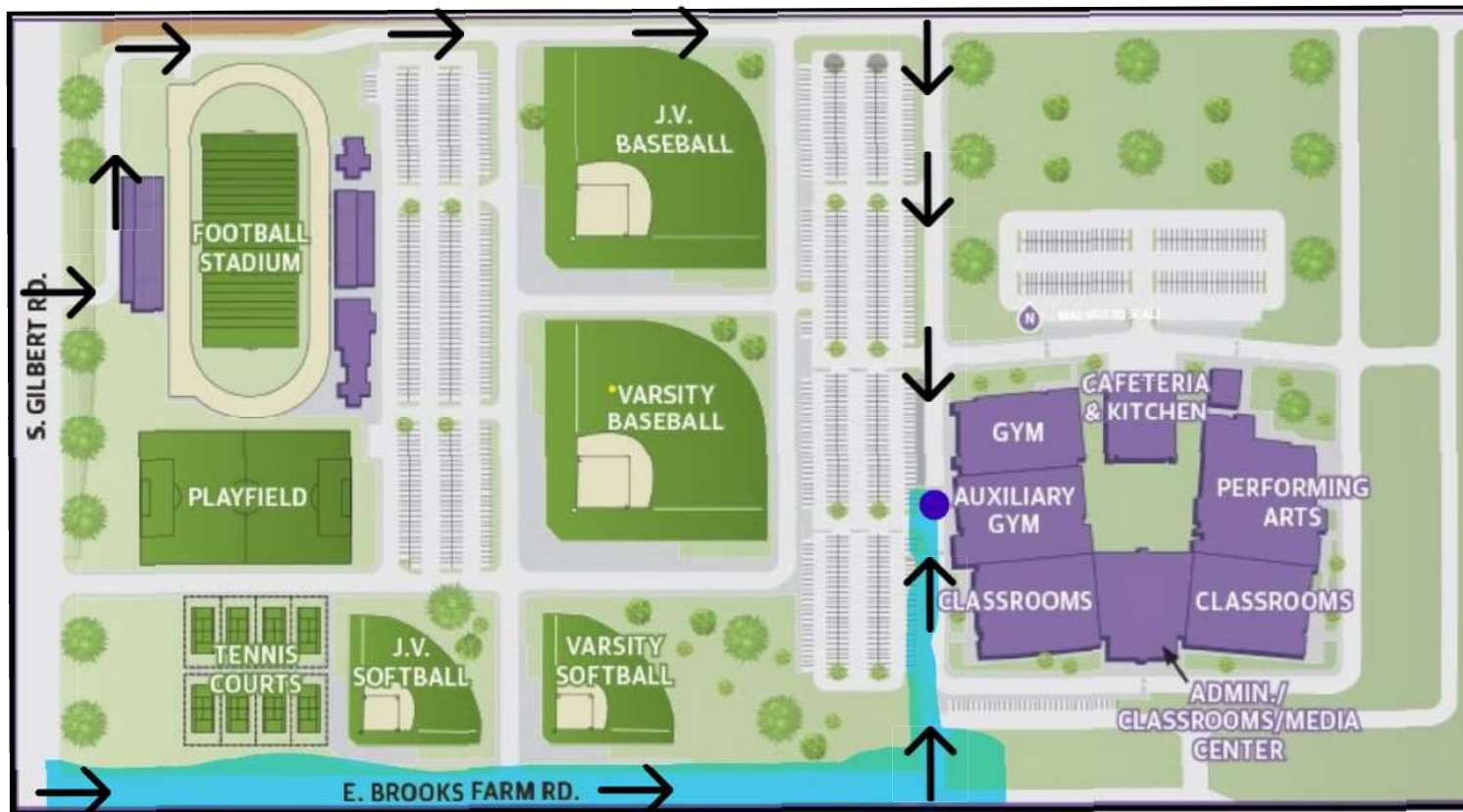
Other important information:

- Weight Classes - 73, 78, 83, 88, 93, 98, 104, 111, 118, 125, 133, 142, 154, 167, 180, 200, 225, 275.
- Weigh-ins – Weigh-ins will be conducted after practice the night before matches. Tournament weigh-ins will be done in the morning, the same day as the competition. If a wrestler misses' weight, they will be disqualified from the tournament, and team points will be forfeited.
- Weight allowance – Typically after the middle of the season, there is a grant for a two-pound allowance (+2 pounds) on top of the current weight class. This is subject to change and more details will be shared with athletes and parents.
- Varsity and Junior Varsity – Team designations will be determined by wrestle-offs conducted at practice. Wrestlers must weigh into their prospected weight class before wrestle-offs. Wrestle-offs may occur during practice. All eligible wrestlers get the opportunity to wrestle at home and away matches.
- Skincare and hygiene – Hygiene is very important during wrestling season. Wrestlers must come to practice with clean workout attire, fingernails cut and filed. Any open wounds or cuts must be covered with a bandage or proper clothing. Open wounds are prone to infection and other skin bacteria that commonly occur in wrestling. To avoid this, athletes must shower immediately after practice (within 20 minutes) with antibacterial soap in hot water. If athletes or parents notice a laceration that they are unsure of, IMMEDIATELY contact Coach Abeita. This is necessary to protect and negate the spread of such infection. Most infections can be handled very quickly with store-bought medicine but consult with Coach Abeita as soon as this occurs.

7/8 Wrestling

2024 East Valley Conference

Initial Team Meetings July 23-26		
Regular Season Games		
Date	Santan Jr. High	Weekday
Aug 8	Bogle & Willis	Thursday
Aug 13	@ Newell Barney	Tuesday
Aug 15	Crismon & Queen Creek	Thursday
Aug 20	@ Eastmark	Tuesday
Aug 22	Payne & Sossaman	Thursday
Aug 26	@ Andersen	Monday
Sept 3	@ Willis	Tuesday
Sept 5	@ Cooley	Thursday
Sept 10	@ Casteel	Tuesday
Sept 14	EVC Championship @ Casteel	Saturday



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 First Day of School	18	19	20
21	22 Practice @Santan Fulton Theater Informational Meeting	23 Practice @Santan 4:15-6:30	24 Practice @ACP 4:15-6:30	25 Practice @ACP 4:15-6:30	26 Practice @ACP 4:15-6:00	27
28	29 Practice @ACP 4:15-6:30	30 Practice @ACP 4:15-6:30	31 Practice @Santan 4:15-6:30 Parent Meeting			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice @Santan 4:15-6:30	Practice @Santan 4:15-6:00	
4	Practice @ACP 4:15-6:30	Practice @ACP 4:15-6:30	Practice @ACP 4:15-6:30	Home Dual @5:00 Bogle & Willis	Practice @ACP 4:15-6:00	10
11	Practice @ACP 4:15-6:30	Dual @ Newell Barney	Practice @ACP 4:15-6:30	Team Pictures @7:30am Home Dual @5:00 Crismon & Queen Creek	Practice @ACP 4:15-6:00	17
18	Practice @ACP 4:15-6:30	Dual @ Eastmark	Practice @ACP 4:15-6:30	Home Dual @5:00 Payne & Sossaman	Practice @ACP 4:15-6:00	24
25	Dual @Andersen	Practice @ACP 4:15-6:30	Practice @ACP 4:15-6:30	No Practice Conferences	Practice @ACP 4:15-6:00	31

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Practice Labor Day	3 Dual @Willis	4 Practice @ACP 4:15-6:30	5 Dual @Cooley	6 Practice @ACP 4:15-6:00	7
8	9 Practice @ACP 4:15-6:30	10 Dual @Casteel	11 Practice @ACP 4:15-6:30	12 Practice @ACP 4:15-6:30	13 Practice @ACP 4:15-6:00	14 EVC Championship @Casteel
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					