

East Valley Wrestling Club

What Parents need to know

2009-2010

Jr. High Club Team (5th - 8th graders wrestle Folkstyle)

Practice & Registration

The Jr. High Club practices will be held on Monday, Tuesday and Thursday nights (**6:00 to 7:30pm**) at the Mountain View High School wrestling room unless notified otherwise. Check the calendar on the website for changes. We have 3 practices a week to accommodate all schedules. We hope that the wrestlers can make at least 2 a week.

You can register at practice or online with our website. www.eastvalleywrestling.com. The Jr. High Club fee is \$150. This includes 3 months of coaching, a team t-shirt, shorts & all tournament fees. **If money is a challenge, we will work with you!** We want everyone to be able to wrestle! You will also need \$35 for a USA Wrestling Card. There is a link to get a card on the registration page. The USA Wrestling cards are good from September 1st to August 31st each year. We are a USA Wrestling member.

Tournaments

The tournament schedule is on the Club's website at www.eastvalleywrestling.com under **Calender**. We normally wrestle 5 to 6 tournaments. These are paid for by the Club. The tournaments are normally all day. They will wrestle good competition.

Age & Weight Classes

The Jr. High team is made up of **5th – 8th graders**. They wrestle kids their weight not age. We had many 5th graders that did well against the older kids last year.

-Jr. High has more weight classes then the High School teams. 68, 73, 78, 83, 88, 93, 98, 104, 111, 118, 124, 133, 142, 154, 167, 180 & HWT.

Your child will wrestle in the closest weight class that they are under. For instance if a wrestler is 86lbs they will wrestle in the 88lbs class. Please don't have your child diet or go without eating. We want this to be fun and not a stress on them. If cutting back a little or running helps them get into a lower weight, that's fine. We don't want any extreme measures taken with our kids!

It's important not to push too much. Please encourage your child to do their best and praise them: win or lose. Getting a treat is always a good idea after a tournament. Most tournaments give medals for the top 3 finishers. Sometimes 1st through 6th. (Sunkids Classic & State) Please wear your black EVWC shirts and red shorts to the tournaments. The weighins are normally in the morning. We have to weighin as a team.

Coaches

The Jr. High head coach is **Justin Castillo**. The assistant coaches are **Armondo Ybarra**, **Mike Lopez**, **Gus Monteverde**, **T.J. Darbe**, **Tony Covert** & **Clint Booth**.

Contact board members for any questions.

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