

## Parent and Wrestler Expectations 2019-2020 Season

1. We ask that you arrive at practice on time and have your wrestler ready to participate in FULL uniform (t-shirt and shorts). Please try not to disrupt the practice. Please do NOT come to practice sick or with skin infections. Please email or text us in advance if you will not be coming to practice. NO street shoes, jackets, or bags allowed on St. Ed's mats. Please leave in the hallway.
2. Please be respectful of our coaches and each other. Try your best, listen, have fun, learn, but no "goofing around." This helps to avoid injuries as well.
3. Coaches expect good sportsmanship from team members as well as parents. Please encourage your child to participate as a TEAM member. Encourage each other. No bragging, fighting, or unsupervised wrestling will be tolerated.
4. Coach Sako/Westshore/Defense Soap pays for most of the dual team tournaments. Out of town team tournaments: If you cannot go and want your wrestler to go, please contact Coach Sako and let him know a week before the tournament to make transportation arrangements. For weekend tournaments: If you cannot go and want your wrestler to go, please let Coach Sako know a couple of weeks before the tournament. Hotel and food fees are \$100.
5. If you expect your child to wrestle off for tournaments, please make sure you ARE AT PRACTICES. If your wrestler wins their wrestle-off, you are responsible for having your wrestler at the tournament on time for weigh-ins. Please call if your wrestler is sick or they need a ride to a tournament. Please do not say you will go to a team tournament and not show up. Your wrestler will not be able to wrestle off for the next tournament if they are a no-show.
6. Keep wrestling shoes clean, fingernails trimmed, and any open wounds covered. You will receive 1 Defense Soap Bar, 1 Body Wipe, and 1 2oz Antimicrobial Skin Cleanser Spray with signups this year. We will have extra Defense Soap at practices; I recommend switching your normal soap out with Defense Soap and only using our soap at least during the season. There is no reason to have skin infections if proper hygiene is practiced. Use Defense Body Wipes to wipe down after each practice if you cannot shower right away.
7. We will have ONE fundraiser. Friday, February 7, 2019 from 7-10 pm. "Westshore's Basket Raffle get Together" at Grindstone Tap House in Berea, 44017. ALL families are responsible for selling 4 entrance tickets or buying them (Total \$100). If you sell your 4 tickets, you get 2 FREE tickets. We will also be looking for baskets to be donated 15-20. It's a great time to meet Westshore parents, family, friends, and Coaches.
8. We ask that all the parents sit up on the track, so we have plenty of room for our wrestlers to practice. Any dad coaches will need to work with other wrestlers besides their own. If you are only focused on your wrestler, you will be asked to sit on the track during practices.
10. Please park in the back parking lot and come in through the back doors.
11. We look forward to a GREAT SEASON!
12. Please email us with any questions at [guy@defensesoap.com](mailto:guy@defensesoap.com) or call/text Coach Sako 216-255-8748 or Ashley (Coach's wife) 216-255-4700.

NOTE: We encourage you to train outside our practices, but your child MUST attend our practice days as well in order to participate in team tournaments as Westshore Wrestling Club. (Advanced-M,T,TH / Beginners-W,F)