



# *Stowah High School Wrestling*

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WELCOME

# *Who helps run the program?*

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## COACHES

- Head Coach Charlie Higdon
- Assistant Coach Jose Lago
- Assistant Coach Brandon Chester



## BOARD

- President Deanna Shuman
- Treasurer Jaime Haas
- Secretary Sherri McMullen

# *Our Mission & Purpose*

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## MISSION

- To create a positive disciplined environment which promotes the growth and confidence of athletes within Etowah High School Wrestling program as well as individuals involved in outside activities associated with the program.

## PURPOSE

- The purpose of the organization is to organize, raise funds and enhance the athletic atmosphere of athletes participating in activities associated with the wrestling team at Etowah High School.

# Wrestling

*Teaches great life skills*

*Keeps them in shape*

*Keeps them mentally fit*

There is no entitlement

- anybody can beat you on any day

Teaches Toughness

- no matter how bad it hurts, they always want more

Teaches Discipline

- making weight, attending practices and showing up on the mat

Instills Confidence

- Every wrestler either wins or loses on his/her own. It's all you buddy!!

Teaches Self Reliance

- At the end of the match, your successes and failures are only YOURS.

They come in all shapes and sizes and they all learn to respect their opponents.

[HTTP://WWW.ETOWAHEAGLESWR  
ESTLING.COM/](http://www.etowaheagleswrestling.com/)

THE SITE IS AVAILABLE TO KEEP  
ATHLETES, PARENTS AND  
COACHES UP TO DATE ON WHAT  
IS GOING ON IN THE WRESTLING  
PROGRAM

ALL EMAILS CAN BE DIRECTED TO  
EHSWRESTLINGCOMMUNICATION  
@GMAIL.COM

*Our Website*

# Membership

*\$250 per athlete*

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Registration dues are due November 1<sup>st</sup>

- Includes practice and use of weight room
- Professional training
- Coaching at tournaments throughout the season
- Entry fees to all tournaments
- Hotel for out of town tournaments

At this time registration does not cover the cost for

- Player pack
- Singlet- may be purchased or borrowed for a deposit during the season
- Transportation to out of town events
- Weight and Hydration Test and Impact tests

# *Attendance*

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The website is updated with a link with a calendar of events

Practice is mandatory

Any missed practices will be made up upon arrival back to the next practice. May exclude illness or family emergencies that are accompanied with a note from parent and/or doctor, and at the coach's discretion. Practice is important for the athlete to learn a sense of responsibility and accountability.

For every missed practice, a wrestler will need to have 20 minutes after practice to make up for an absence.

Wrestlers who have excessive absences will not be eligible for a letter.

## *Player packs \$75 each*

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- Hoodie
- Jogging Pants
- Drifit T Shirt
- Drifit Shorts

We are also offering singlets and ¼ zip jackets but neither are mandatory and must be paid for by the individual.

Must be purchased prior to October 3<sup>rd</sup> and will not be received until registration fees are paid.





## *Non-Payment of Fees*

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- In the event you need to make payment arrangements, please contact Coach Higdon. If payment arrangements have not been arranged in advance, you agree to the current terms when registering your athlete.
- We are a non-profit organization and every event we attend costs money. This does not allow for non-payment of fees.
- Non-payment of fees and non-participation in fundraisers may result in your athlete not having adequate transportation or lodging for away tournaments.

# Fundraising

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## WHY DO WE HAVE FUNDRAISERS?

### EXPENSES

#### Tournament Fees

- Hotels for away tournaments
- Cost of running tournaments
  - Referees and other officials
  - Mat Tape
  - Sanitation & Pest Control
  - Concessions
  - Hospitality Room

## QUESTIONS

### DO I HAVE TO?

- Participation creates comradery
- Promotes accountability

### Payout options

- Paid by due date of fundraiser
- No Payment Arrangements

# *Fundraising Continued*

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## BARBECUE PLATES

- Each wrestler sells 25 Plates
- Sales will be tentatively due by Oct. 2<sup>nd</sup>.
- Each wrestler is available for the distribution of plates tentatively Saturday, October 13<sup>th</sup>.

## FRUIT SALE

- Each wrestler sells 10 boxes
- Packets will be tentatively sent home October 30<sup>th</sup>
- For each additional 10 boxes the athlete sells, membership fees will be reduced \$100 to pay for fees.

# *Fundraising Continued*

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## COFFEE SALES

- Each wrestler to sell 15
- Due date is scheduled tentatively toward the beginning of February
- More information to come

## KRISPY KREME DONUT CARDS

- Each wrestler to sell 10 cards
- Due date is scheduled tentatively toward the beginning of January
- More information to come

# *Closing Comments*

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PLEASE VISIT OUR WEBSITE OFTEN

PLEASE FEEL FREE TO CONTACT MEMBERS OF THE WRESTLING BOOSTER WITH QUESTIONS, COMMENTS, CONCERNS OR SUGGESTIONS.

PLEASE FEEL FREE TO COMMENT ON BLOG SITE

BOOSTER MEMBERS ARE HERE TO FOSTER AND ENHANCE THE ACTIVITIES OF ATHLETES AND PARENTS INVOLVED IN THE SPORT OF WRESTLING AT ETOWAH HIGH SCHOOL AND ADDITIONAL ACTIVITIES AFFILIATED WITH THE PROGRAM. PLEASE FEEL FREE TO CONTACT THEM.

WE LOOK FORWARD TO WORKING WITH YOUR ATHLETE THROUGHOUT THE 2017-2018