



**DRAGON
WRESTLING
PARENT MEETING**

DRAGON MIDDLE SCHOOL WRESTLING PARENT MEETING

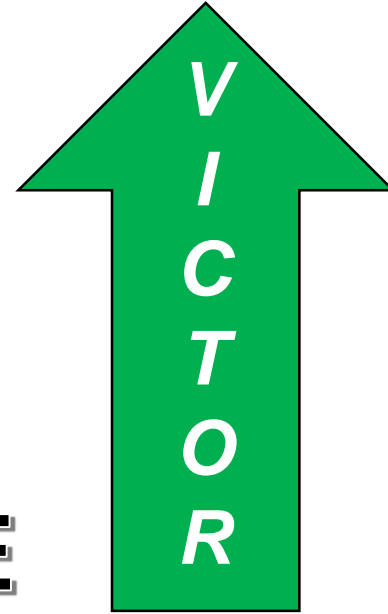
- WELCOME
- COACH INTRODUCTIONS
- COACHING PHILOSOPHY, EXPECTATIONS, PROGRAM OVERVIEW
- TEAM EXPECTATIONS- BEHAVIOR, ATTENDANCE, ELIGIBILITY
- PHYSICALS/CISD ATHLETICS PAPERWORK
- PARENT/ATHLETE COMMUNICATION
- TEAM WEBSITE, EMAILS, REMIND 101, ETC.
- TRAINING SCHEDULE- CALENDAR, SHUTTLE BUS
- MEET SCHEDULE- SCRIMMAGE, TOURNAMENT
- EQUIPMENT
- DRAGON WRESTLING CAMP
- Q & A

Team Contacts

- Middle School Head Coach:
 - Ian Semelroth (EIS) ian.semelroth@southlakecarroll.edu
- HS Head Coach:
 - Joe Hathaway (CSHS)
joseph.hathaway@southlakecarroll.edu

LIVE ABOVE THE LINE

PRESENT
PREPARED
RESPECTFUL



INTENTIONAL
ON PURPOSE
SKILLFUL
OWNERSHIP
ACCOUNTABLE
RESPONSIBLE

ABOVE THE LINE

BELOW THE LINE

GOING THROUGH THE
MOTIONS OR NOT AT ALL
UNPREPARED
DISRESPECTFUL



IMPULSIVE
ON AUTOPILOT
RESISTANT
BLAME
EXCUSES
DENIAL

MIDDLE SCHOOL WRESTLING EXPECTATIONS

1. Attend ALL practices

- Only reason to miss practice is if a student is competing in middle school basketball game or cross country meet, is required to stay after school for academic reasons, or is absent from school.
- The student or parent should email Coach Semelroth if a student wrestler will be missing practice. Communication is important. (Ian.Semelroth@southlakecarroll.edu)

MIDDLE SCHOOL WRESTLING EXPECTATIONS (continued..)

2. Attend ALL practices (continued..)
 - Club meetings and other activities are not a reason to miss wrestling.
 - We commit to be here for your kids to learn and develop in the sport of wrestling. They need to be here to do their part.
 - Wrestling is a very technical sport. Initially students need to think through moves. Through practice actions become a reflex and things happen faster. This requires practice!

MIDDLE SCHOOL WRESTLING EXPECTATIONS (continued..)

3. Complete the Season

- The final competition is the Middle School State Tournament on January 27-28, be there!
- Last year Lacrosse Tryouts conflicted with the State Tournament. Lacrosse coaches like wrestlers! Let them know your son is wrestling in the MS State Tournament and he is committed to finishing what he starts. He will likely accommodate your child. Communication is the key.
- Don't let you child not finish what they start.

MIDDLE SCHOOL WRESTLING EXPECTATIONS (continued..)

4. Dragon Youth Wrestling (See flyer)
 - Anyone who wants to move to the next level should get as much mat time as they can. Recruit a practice partner and attend Dragon Youth Wrestling practices and USA Youth Tournaments when they don't conflict with middle school events.
 - When the middle school season ends Dragon Youth Wrestling can continue with folkstyle and transition to the Olympic Styles of wrestling. Both Olympic Styles develop skills that can help in high school folkstyle wrestling.

Physicals/CISD Athletic Paperwork

- All wrestlers in the middle school athletic period should have already done this.
- If your wrestler is not in the middle school athletic period, you may still need to complete this paperwork.
- <http://www.slcwrestling.com/forms.html>

Information Sources

- Team website
 - www.slcwrestling.com
- Social Media
 - Twitter: @DragonMSWrestle
- Remind
 - Text @dmsw to 81010 (All information)
- Email list
 - Add your name to our email database on the team website (Mailchimp)

Parent Involvement

- Email list sign ups
- WE NEED YOU TO BE INVOLVED!
- Volunteers

Training Schedule/Shuttle Bus

- Training Monday – Friday 4:30- 6:00
 - Optional Training
 - November 21-23
 - December 27-30
- Shuttle Bus
 - Will pick up at DMS right after school by the gym
 - Then will head to CMS to pick up by the gym
 - Drop off at CHS for practice
 - Parents will pick up wrestler from CHS at 6:00

Important Dates

- Nov. 2nd Mandatory Parent Meeting 6:30-7:30 pm @ CHS field house classroom
- Nov. 4th Wrestling Team Tailgate 5:00 pm @ Dragon Stadium (All are invited!)
- Nov. 7th/8th Last MS Football Games
- Nov. 10th 1st after school wrestling practice 4:30-6:00 pm @ CHS wrestling room
- (Make-up parent meeting following first practice @ CHS wrestling room)
- Nov. 10th HS Green & Black Dual 5:30 pm @ CHS Main Gym (Watch after 1st practice!)
- Nov. 17th First MS Meet vs. Keller @ Carroll High School
- Nov. 21st-23rd Holiday Practice/Lift 8:30-10:30 am @ CHS wrestling room
- *Jan. 27-28 Texas Middle School State Tournament @ Liberty Christian School
- *Last UIL middle school wrestling event; All wrestlers are expected to participate through the State meet.
- +All wrestlers need to have workout shirt/shorts and wrestling shoes for the 1st practice. You can purchase these at Academy, Dick's Sporting Goods & other area sporting goods stores. If you do not have shoes for the 1st practice, we have a limited amount of "loaner" shoes that may be used while you get a pair for the season.

Meet Schedule

DMS/CMS BOYS/GIRLS WRESTLING SCHEDULE 2016-2017					
Date	Day	Meet	Location	Team	Time
November					
11/10/16	Thurs	First Practice	CHS Wrestling Room	All	4:30-6:00 PM
11/10/16	Thurs	District Bye Week	N/A		N/A
11/17/16	Thurs	Keller*	Carroll High School	B/G	5:00 PM
11/21-11/23	Mon-Wed	Thanksgiving Practices +	CHS Wrestling Room	All	8:30-10:30 AM
December					
12/1/16	Thurs	Timber Creek*	Timber Creek High School	B/G	5:00 PM
12/5/16	Mon	Central*	Keller Central High School	B/G	5:00 PM
12/12/16	Mon	Fossil Ridge*	Carroll High School	B/G	5:00 PM
12/16/16	Fri	District 4 Middle School Tournament*	Hillwood Middle School	B/G	5:00 PM
12/26-12/30	Mon-Fri	Holiday Practices +	CHS Wrestling Room	All	8:30-10:30 AM
January					
1/2/17	Mon	Staff Inservice Day Practice #	CHS Wrestling Room	All	TBA
1/7/17	Sat	Rockwall Dual Tournament	Rockwall-Heath High School	B	10:00 AM
1/14/17	Sat	St. Mark's MS Tournament	St. Mark's School (Dallas)	B	10:00 AM
1/16/17	Mon	MLK Day Practice #	CHS Wrestling Room		8:30-10:30 PM
1/17/17	Tues	Coppel MS Meet	Coppel High School	B/G	5:00 PM
1/27/28	Fri-Sat	TX MS Individual State Tournament	Liberty Christian School	B/G	Fri 5:00 PM/Sat 9:00 AM

*District 4 Meet

+Optional, but strongly encouraged

Mandatory

Team Gear Order

<https://chswrestling16.itemorder.com/sale>



- We are opening the store
- Store Portal Open 11/2-11/8
- What we will issue:
 - Fight Shorts
 - Compression Top
 - Headgear (If needed)
- What is recommended to order:
 - Match day Polo
 - Headgear (Recommended)
- What else is needed:
 - Wrestling Shoes












Southlake Carroll High School Wrestling 2016


PLEASE CLICK ON THE "SIZE CHART" LINK FOR HELP ON SIZING

You can now purchase your items online in 3 easy steps

1. Go to the online store at <https://chswrestling16.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: September 9th, 2016 (11:59pm)

TEAM RIVAL POLO  \$31.00	ARMOURFLEECE CREW  \$32.50	HEATGEAR COMPRESSION SHORT  \$21.00	STORM FLEECE HOODY  \$42.50	TEAM RAID SHORT  \$20.00	SS LOCKER TEE  \$19.00
LS LOCKER TEE  \$22.50	HUSTLE II BACKPACK  \$42.50	ARMOUR FLEECE JOGGER PANTS  \$44.00	HEATGEAR ARMOUR LEGGINS  \$28.00	E58 HEADGEAR  \$33.00	

powered by  **ORDERMYGEAR**

Questions?
Cody Chilsum
2144782342
cody@athleticsupplytx.com

Camps

- Dragon Wrestling Camp
 - At CHS June 6-9 or June 13-16
 - Join email list for reminders
 - Highly recommended
- Team Camp