

# Wrestling – Player/Parent Meeting

kams.egusd.net

WEBSITE →



## 1. Welcome, Introductions, and Contacts

- a. Coaches
  - Head Coach – Matt Seto [mdrakeseto@gmail.com](mailto:mdrakeseto@gmail.com)
  - Head Coach – Kai Seto
- b. Athletic Director – Traci Seto [tseto@egusd.net](mailto:tseto@egusd.net)
- c. Principal – Chris Rauschenfels [crausche@egusd.net](mailto:crausche@egusd.net)
- d. Contacting Coaches
  - Encourage student-athletes to speak to coaches about concerns, questions, etc. first.
  - When contacting coaches:
    - 24 hour cooling off period
    - No contact day of tournament with concerns/complaints.

## 2. Middle School Student-Athlete and Parent Handbook

- a. For questions related to EGUSD Athletics, please reference <https://blogs.egusd.net/athletics/handbooks-2/>

## 3. Athletic Academic Eligibility

- a. Requirements
  - 2.0 or higher GPA
- b. To Begin Season – Only Grades of Record
  - Quarter 1 Grades
- c. Continuing Eligibility Through Season
  - Quarter 2 Progress Report / Quarter 3 Progress Report
  - Quarter 2 Report Card
  - 2.0 or above
    - if ineligible at progress report = may practice, but not compete until eligible
    - if ineligible at quarter grade = may practice, but not compete rest of season

## 4. Transportation

- a. Transportation to and from competitions is the responsibility of the parent/guardian.

## **5. Reasons for removal from Wrestling Team**

- a. Athletic Ineligibility
- b. Practice/Game Behavior
  - Student-Athletes are representatives not only of themselves and their families, but also representatives of KAMS and as such are held to the same standards of behavior at practices and games, as they are during school hours.
- c. Missing practice/games or tardiness to practice/games (without speaking to the coaches)
- d. Being picked up late from practices/games

## **6. Single Uniform Replacement**

- a. **Pick up singlet room MC10 – Tuesday, 12/2, 7:30-8:15AM**
- b. Singlet - \$130, Headgear - \$45
- c. Uniforms are checked out to student-athletes and are on loan through the season.
- d. If any part of the uniform is lost, damaged, or otherwise not returned, a fine will be assessed.
  - Students with fines will be placed on the no activities list and will not be able to check out another uniform until the first has been returned or paid for.

## **7. Team and Individual Photos**

- a. **TBD**
- b. Cash/Check – use order envelope and bring to picture day

## **8. Fundraiser**

- a. **TBD**

## **9. Spirit Wear**

- a. **TBD**

## **10. Gear**

- a. Wear athletic gear, NO POCKETS in shorts, and wrestling shoes (to be worn ONLY on mat)
- b. Please bring water and a small towel (optional)
- c. Head Gear is required. You may check out a set from us or purchase your own. Mouthguard is required if you have braces.
- d. Shower immediately after practice

## 11. Practice

- a. See website for weekly practice times/locations  
<https://kams.egusd.net/Programs/Athletics/Athletic-Offerings-and-General-Information/Coed-Wrestling/index.html>
- b. Closed Practices
  - Monday 2:30-4:30PM, Tuesday-Friday 3:30-5:30PM
- c. No locker room use – Shower immediately after practice to help avoid skin conditions
- d. Please remember to wash your practice clothes between practices and use deodorant

## 12. Tournament/Meet Schedule

### All parents and wrestlers...

**Text @albaniwr to 81010 to join Remind app**

- a. DUAL DATES – Middle school wrestlers only
  - Thurs. 12/11 – Dual @ Smedberg (vs Eddy and Harris)
  - Thurs. 12/18 – Dual @ HOME (vs Rutter and Smedberg)
  - Thurs. 1/15 – Dual @ Eddy (vs Jackman and Toby)
  - Thurs. 1/22 – Dual @ Kerr (vs Kerr and Pinkerton)
  - Wed. 1/28 – EGUSD Championships
  - Start Time 4:30PM, Students \$2 and Adults \$4 CASH ONLY
- b. TOURNAMENT DATES (**Tentative - Subject to change**)
  - 12/6 – Smedberg Tournament @ Smedberg MS (TOC)
  - 12/14 – Battle in Old Town @ Elk Grove HS (TOC)
  - 12/27 – Screaming Eagles Invitational @ PGHS
  - 1/25 – Del Oro Roundup
  - 2/7 – Orangevale Tournament @ Casa Roble HS (TOC)
  - 2/21 – Sacramento Regional Tournament @ Folsom MS
  - 3/7 – TOC @ Del Oro HS
- c. Middle school athletes – funding for 1 tournament per wrestler. Additional tournament funding by parents/fundraisers.
- d. Elementary school athletes – pay own entry fees at tournaments