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CRA N K

CHAN G E LEVELS



Blair Ridge Public School

100 Blackfriar Avenue, Brooklin, Ontario L1M 0E8 Phone Number: 905-620-1221

Dear Parents and Wrestlers,

The Blair Ridge wrestling team is hitting the mats for our ninth season! We hope to have even more students registered to participate in the wrestling program this year, so far we have more than 100 students participating for our school! Takedown, breakdown and pin fever has started to take a grip at our school once again. As a new sport to many of our young wrestlers there is a lot to learn. As a tune up to the competitive season please read the attached information sheets and sign the required permission forms. This information will ensure that your son/daughter has a positive experience with our team this year.

Wrestling in the Durham Elementary Athletic Association is divided into a boys and a girls competition with three age categories:

Novice: (grades 3 and 4) Junior (grades 5 and 6) Intermediate : (grades 7 and 8)
Within each of these 3 divisions wrestlers are divided into weight groupings (which has a range of no more than 2.5 kg.) and the size of each group is no more than five wrestlers; therefore in each grouping there is no weight or size advantage to be gained.

Team practices will be held each week but with so many wrestlers we have to break up our team as follows –

Tuesdays at Lunch (11:15-12:15): Novice/Intermediate Boys, Junior Girls

Wednesday after school (3:00-4:15): All Wrestlers

Tuesdays at Lunch (11:15-12:15): Novice/Intermediate Girls, Junior Boys

We will be attending 1 combined practice at Scott Central during an afternoon of school (Grades 3-6 only). Information about transportation will be finalized closer to the dates, but we do plan to take a bus to the afternoon meet (please see calendar). We are also hosting 3 combined practices with other schools that we would love to see the parents attend and observe how well your son/daughter looks on the mats.

We are looking forward to a fun and active season. Below are a few things to keep in mind as we start our practices:

1. Nobody gets cut from our wrestling team. The only way you could lose your spot is to not attend practices (unless it is necessary due to an appointment or schoolwork) or to be misbehaved or disruptive at practices. Attendance will be taken at each practice.
2. For safety reasons jewelry cannot be worn, appropriate clothing with no metal should be worn, fingernails must be clean and trimmed and finally all long hair must be loosely tied back. Clean indoor shoes are a must.
3. We welcome all new wrestlers and parents can feel free to attend any practices and are encouraged to attend our combined practices.

Please contact Mr. Dyment, Miss Gordon or Mr. Carter or Mr Leach at school if you have any questions or concerns about our team. Please return all forms ASAP.

Grapplingly Yours - The Coaches

FEB 2019

WRESTLING

	SUN	MON	TUE	WED	THU	FRI	SAT
						01	02
PhysEd nt/Jr	03	AM 04	05	06	07	08	09
		Click here to replace text. 1st					
PRI		2nd					
PhysEd Int/Jr	10	AM 11	12	13	14	15	16
		1st					
		2nd					
PRI		PM					
PhysEd nt/Jr	17	AM 18	19	20	21	22	23
			3478 Boys		3478 Girls		
		1st	W		W		
		2nd	W		W		
PRI		PM	56 Girls	W ALL wrestlers	56 Boys		
PhysEd nt/Jr	24	AM 25	26	wrestlers 27	28		
		1st	W		W		
		2nd	W		W		
PRI		PM		W ALL wrestlers			

MAR 2019

	SUN	MON	TUE	WED	THU	FRI	SAT
						7:30 AM Ints only	01 02
PhysEd nt/JR	03	AM 04	05	06	07	08	09
		Click here to replace text. 1st 2nd	W		X		
PRI		PM		All W wrestlers			
PhysEd nt/JR	10	11	12	13	14	15	16
		M B	A R	R E	C A	H K	
PhysEd Int/JR	17	AM 18	19	Gr 6-8 20	Gr 3-6 21	22	23
		1st 2nd	W	Wrestling Clinic @ BR 2:15-4pm	Clinic @ Scott Central 12-2pm		
PRI		PM					
PhysEd nt/JR	24	AM 25	26	Gr 3-5 27	28	29	30
		1st 2nd	W	Wrestling Clinic @ BR 2:15-4pm	W	7:30 AM Ints only	
PRI		PM					
	31						

APR 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
		W lunch	W Clinic 2:15-4pm	W lunch		
PhysEd Int JR	07 AM	08	09	10	11	12
	AM 08 PM Meeting	DEAN Meet @ Meeting	DEAN Meet @ Meeting			
PRI						
PhysEd Int/JR	14 AM	15	16	17	18	19
	AM 14 PM					
PRI						
PhysEd Int JR	21 AM	22	23	24	25	26
	AM 21 PM					
PRI						
PhysEd Int/JR	28 AM	29	30			
	AM 28 PM					
PRI						



Being on a school team should be an enjoyable and rewarding experience for our student athletes. It allows for a greater level of competition and skill development than is usually achieved in our intramural and physical education programs. It does, however, carry an additional set of responsibilities and expectations.

Student Athlete Code of Conduct

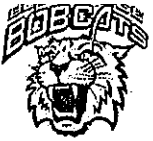
Representing Blair Ridge Public School on a school team is a privilege that is granted to those students who have earned it. Our competitors, parents, officials, and spectators will judge our school by the manner in which our athletes conduct themselves. Consequently, only those students who conduct themselves appropriately, regardless of athletic ability, will be allowed to participate on school teams.

Team Name & Division: Wrestling Season: 2018/2019

The following Code of Conduct guidelines have been established for student athletes at Blair Ridge P.S.:

1. It is expected that each student athlete will do the best he/she can do during all games and practices. No coach will expect more or accept less.
2. Each student athlete is expected to be a "team" player and to be supportive of all other team members.
3. Each student athlete is expected to display the qualities of good sportsmanship and fair play, and to play the game according to the letter and spirit of the rules.
4. It is important that the student athlete maintains acceptable levels of achievement, effort, behaviour and attitude with respect to school. Concerns by any staff member about any student, may result in that student being suspended from participation, or dismissal from the team. Student first – athlete second.
5. The ability and judgement of the referee or official is not to be questioned by any student athlete or parent. Any displays of disrespect will result in the immediate removal from the game and may result in removal from the team.
6. "Trash-talking" during practices and games is NOT tolerated. It is also inappropriate to participate in behaviour that embarrasses or humiliates another player.
7. The coaches are in charge of the team and of the players on the team. They will make decisions concerning the team and the players on the team.
8. Student athletes with questions or concerns about their role on the team should address their concern(s) directly with the coach. Parents are asked to allow student athletes to speak directly with the coach on their own behalf.
9. Schedules are distributed to athletes and posted on our school website. Blair Ridge also utilizes Twitter to post weekly gym/field schedules. Please refer to these resources when looking for lost forms and schedule information. On practice and game days, student athletes should arrive at school with all clothing and equipment necessary to participate in the team event. The office phone is not for calling home to request forgotten equipment or clothing.
10. Student athletes who participate in school sports should have fun doing so!
11. If required, each athlete will pay a deposit for a team jersey. This deposit will be refunded to the athlete on the condition that the jersey is returned laundered and in the same condition it was when loaned to the student. Jersey deposits will only be accepted through School Cash Online.

Athlete Name:	Grade:	Athlete Signature:
<input type="checkbox"/> I have read and agree to abide by the Code of Conduct outlined above. I understand that failure to abide by these guidelines will result in a discussion between me, my parent, and coach with respect to further participation on this team.		
Parent Name:		Parent Signature:
<input type="checkbox"/> I have read and agree to support my child in abiding by the Code of Conduct outlined above. I understand that failure to abide by these guidelines will result in a discussion between myself, my child, and the coach with respect to further participation on this team.		



**PARENTAL PERMISSION FOR A CO-CURRICULAR /
ATHLETIC ACTIVITY (Appendix L)**



SCHOOL: Blair Ridge P.S. **PHONE:** (905) 620-1221 **HEAD COACH:** R Dymont, B Carter, G Leach, R Gordon

Dear Parent(s) or Guardian(s):

Your son/daughter has indicated an interest in the inter-school co-curricular/athletic activity designated below. There are many physical, mental, and social benefits to be gained through this participation.

Your consent is required before he/she will be allowed to participate. Your signature on this form will indicate your approval.

YOU ARE URGED TO CONSULT WITH YOUR FAMILY DOCTOR PRIOR TO YOUR SON/DAUGHTER PARTICIPATING IN INTER-SCHOOL ATHLETIC ACTIVITIES.

DATE: See attached schedule **ACTIVITY:** WRESTLING

TENTATIVE SCHEDULE IS ATTACHED.

TENTATIVE SCHEDULE: see attached

DATE: February 2019 **TEACHER:** R. Dymont **PRINCIPAL:** M. Perrow

STAFF: A COMPLETE TEAM/GROUP ROSTER & SCHEDULE MUST BE SUBMITTED TO THE OFFICE WITH THIS FORM.

STUDENT NAME: _____	
Teacher: _____	Grade: _____
Address: _____	Phone: _____
Family Doctor: _____	Health Card No.: _____
<input type="checkbox"/> I have reviewed the schedule listed above (or attached) and am aware that my son/daughter may participate in events off of school property or outside of regular school hours. Additional dates may be assigned but will be communicated to team members in advance.	

If your son/daughter has, or has had, any previous or current health problems which might affect his/her comfort or safety, please give full particulars in writing and contact the teacher to discuss.

PART 1: ELEMENTS OF RISK

Co-curricular/athletic programs may present various elements of risk. Incidents related to such activities may occur and cause injury through no fault of the school, School Board, or the facility at which the activity or event is being held. **Participants must assume these risks.**

I hereby give consent for _____ (student name) to participate in **WRESTLING**.

(Date)

(Signature of Parent/Guardian)



PARENTAL PERMISSION FOR A CO-CURRICULAR / ATHLETIC ACTIVITY (Appendix L)



PART 2: STUDENT ACCIDENT INSURANCE

The Durham District School Board does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students participating in these activities. Students planning to become involved in co-curricular athletic programs, at any time during the school year, are urged to have Student Accident Insurance.

Acknowledgement: We have read and understand these warnings.

(Date)

(Signature of Parent/Guardian)

PART 3: TRANSPORTATION

A variety of methods of transportation may be used when students are participating in games/events at other schools or venues. When bus costs are prohibitive, your son/daughter may be driven by the coach, teacher, parent, or by local taxi. Students may also walk to local venues as a group under the direction of an adult. **Students will be expected to use the method of transportation provided by the school for each event.** If a student will not be advance of the event.

PART 4: VOLUNTEER DRIVER

All Volunteer Drivers must have a Criminal Record Check (CRC) on file with the school office. To obtain a CRC, drivers may obtain a letter from the office that will enable you to obtain a CRC at a reduced volunteer rate. Once the office has your completed CRC, drivers only need to complete a Volunteer Driver form on an annual basis (CRCs are valid for 3 years).



Many of our activities rely on volunteer drivers and we hope that this small inconvenience will not outweigh the importance of ensuring student safety while being able to offer a variety of extra-curricular programming to our students. All volunteer drivers must be 21 years of age or older.

Acknowledgement: We have read and understand the above Transportation policy for extra-curricular teams and events.

(Date)

(Signature of Parent/Guardian)

STUDENTS WITH LIFE-THREATENING ILLNESSES REQUIRING EMERGENCY MEDICATION, SUCH AS EPIPENS & INHALERS, SHOULD ENSURE THEIR MEDICATION IS BROUGHT WITH THEM WHEN TRAVELLING TO OTHER LOCATIONS.



Durham District School Board

INFORMED CONSENT/PERMISSION FORM FOR EDUCATION TRIPS

Blair Ridge Public School is arranging Wrestling Team on February to April.

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.

ELEMENTS OF RISK:

Educational activity programs, such as Wrestling Team (the Activity) involve certain elements of risk. Injuries may occur while participating in the Activity. The following list includes, but is not limited to, examples of the types of injury which may result from participating in this Activity:

- possible ligament damage
- possible concussion or head injury
- possible sprains or broken bones
- bumps, scrapes, bruises

The risk of sustaining these types of injuries result from the nature of the Activity and can occur without any fault of either the student, or the school board, its' employees/agents or the facility where the Activity is taking place. By choosing to take part in this Activity, you are accepting the risk that you/your child may be injured. The chance of an injury occurring can be reduced by carefully **following instructions at all times** while engaged in the Activity.

If you choose to participate in Wrestling Team, you must understand that you bear the responsibility for any injury that might occur. The Durham District School Board does not provide accidental death, disability, dismemberment or medical expense insurance on behalf of the students participating in this Activity.

ACKNOWLEDGEMENT

WE HAVE READ THE ABOVE. WE UNDERSTAND THAT IN PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Signature of Student: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

PERMISSION

I give _____ (*name of student*) permission to participate in Wrestling Team to be held on or about **February to April**.

NOTE: A copy of this form may be provided to the activity operator.

Signature of Parent/Guardian: _____ Date: _____

(for students under 18 years old)

PLEASE COMPLETE AND RETURN THE ENTIRE FORM.