

Dear Parents and Wrestlers,

I am excited to be the first ever middle school wrestling coach at West Clermont Middle school. As an alumni of Glen Este I know there are high expectations and I look forward to exceeding those expectations with all of you. Wrestlers at West Clermont are expected to be the very best of what the school has to offer both academically and athletically. Each wrestler is a direct reflection of me as a coach and I intend on holding them to a high standard. Wrestling is a very demanding sport and it teaches all of us to be better individuals. I look forward to having a fun and successful season with all of you.

Pre-Season Conditioning: Starts 1 week after the conclusion of football season and is every Tuesday and Thursday until the season starts from 2:30-3:30 after school. Listen to announcements to get an exact start date.

First Day of Practice: November 13, 2017

Practice Times: Monday-Friday 2:30- 4:30

#1- Fee: \$250 by 1st tournament

#2- Physical: by 1st practice (physicals are good for 1 whole year, if you have one for a fall sport, you do not need another one for wrestling)

#3- Emergency Medical Form: by 1st practice

Please do not keep your child from wrestling due to issues with money or rides, I will do my absolute best to help your child get the opportunity to wrestle, just notify me of your situation and we will do our best to get you the necessary help!

#4- Wrestling shoes/ Mouth Piece for Braces: We provide singlets and warm-ups for tournaments. We do have some random sized left over shoes that may fit your wrestler if you have trouble affording new ones. If your wrestler has braces, they must have a mouthpiece that covers both the top and bottom braces in order to compete.

#5- Hair and fingernails: fingernails must be trimmed before matches and it is highly encouraged to do it regularly for practice as well. Hair must also be kept above the eyebrows and cannot be below the next line during the season. If wrestlers do not want to cut their hair to these standards they must use a hair net during competition. Wrestlers are also not allowed to have any facial hair. Wrestlers must shave the day of the competition. There are no exceptions to this rule.

STANDARDS:

- Ties with a collared shirt or warm-ups will be worn on days we have meets. Look sharp when representing the team.
- If you have 2 F's or a GPA lower than 1.51 from the first quarter you are "NOT ELIGIBLE" to wrestle.
- Academic eligibility is checked each week. Two F's means no competition for that week. Having two F's two weeks in a row will result in possible removal from the team.
- Detentions, Friday Schools, F's in a class or general teacher complaints will result in extra work beyond practice time (running, physical incentives, etc.) and probable removal from the team. My wrestlers are a direct representation of me. I will not tolerate disrespect and lack of discipline.
- If you must miss a practice you must notify me. It is your responsibility to contact me and notify me of your situation. We **cannot** have a successful season with wrestlers that aren't totally committed.

Missed Practices

Occasionally wrestlers will miss practice. I understand that things happen and family obligations come up. However wrestling is a sport where every practice counts and I do not feel that wrestlers should miss without some consequence. I also do not feel that a wrestler is prepared to compete when they miss practices. For their safety and in fairness to the other wrestlers, missed practices will need to be made up. Below is the point system that will be used. There are always exceptions to the rule and those will be determined on a case by case basis by the coaching staff. Wrestlers who still have points to make up will not be allowed to participate in that week's matches.

1 point= 1 hr of workout after practice

Excused missed practice with notification prior to practice - ½ point

Excused missed practice without notification prior to practice - 1 point

Unexcused missed practice with notification prior to practice - 1 point

Unexcused missed practice without notification prior to practice - 2 points

Wrestlers may also receive points for misbehavior in school, wrestling practice, or matches

Wrestle-offs

If more than one wrestler is in the same weight class a wrestle-off will be done the week of competition. The winner of the wrestle-off will have that spot for the entire week. A wrestler must notify the coach if they want to wrestle off and must be no more than 3 pounds over the weight class they plan to wrestle off for. Wrestlers will not be allowed to wrestle-off if they have any points that they have not made up.

Weight

I do not usually ask wrestlers to cut weight. I believe in middle school that cutting weight does not provide a significant enough advantage for the effort and strain it puts on the body. However your wrestler may choose to cut weight on their own and that is a decision that must be made between the wrestler, the parents/guardian, and the coaching staff. There will be times where wrestlers may be asked to move up a weight class (specifically for dual matches). That decision is made by the coaching staff and will always be made for the benefit of the team and will take into consideration the wrestler we are asking to move up. I will not move a wrestler up if I do not think they can handle giving up the weight.

Communication

I try to get out as much information about upcoming tournaments and practice as possible. I do this in 2 different ways. I will send out an email to all parents and wrestlers regarding important information. I will also post the information on the group's facebook page (West Clermont Middle School Wrestling). Be sure to check those on a regular basis for important information.

Tournament Meals: Please contact me if you would like to volunteer to get healthy meals together for the kids to eat at tournaments. We like to ask that all parents/guardians provide something for the kids but I do need a person to organize the food and set it up at tournaments.

If you have any questions, don't hesitate to call, email, or text. Please be sure to fill out the information on the below website.

<http://bit.ly/2gnVE4Y>

WCMS Head Wrestling Coach
Curtis Sedam
513-706-0617
sedam_c@westcler.org

Credentials

I started my wrestling career in 8th grade at Glen Este Middle School. I wrestled varsity all 4 years of high school and I was a District Qualifier my senior year. I was also part of the Glen Este team that ranked #1 in the city of Cincinnati. I have been a wrestling coach for 6 years. I have been the JV coach for both Princeton High School and Colerain High School. I have coached 5 state qualifiers and 2 state placers including 1 state finalist at the high school level and 2 state qualifiers at the middle school level.

Schedule

Fri	11/13/17	1st Practice
Sat	TBD	Ross Scrimmage
Sat	12/2/17	New Richmond Invitational
Sat	12/9/17	Sycamore Duals (date may change)
Sat	12/16/17	Fairfield Tournament
Wed	12/20/17	Loveland Dual
Fri	1/5/18	Milford Tri
Sat	1/6/18	Franklin Tournament
Wed	1/10/17	Battle of 32
Fri	1/12/18	Western Brown Dual Tournament
Fri	1/12/18	Harrison Tournament
Sat	1/13/18	Harrison Tournament
Sat	1/13/18	Harrison B Tournament
Sat	1/20/18	Eagle Rumble
Fri	TBD	ECC Tournament

Depending on the number of wrestlers we may try to add more matches for the B team. Some of the above tournaments allow for extra wrestlers.