

Oak Mountain Wrestling

Jay McGaughy, Head Coach
Colin Richardson, Assistant Coach

Brent Buckner, Assistant Coach
Tyson Patton, Assistant Coach

2010, 2011, 2012 Metro South Conference Champions

As the 2012-2013 season approaches, we have one goal in mind: Winning our fourth consecutive Metro South Conference Championship. Your son's interest and dedication to achieving this goal is paramount and Coach Buckner, Coach Patton, Coach Richardson, and I appreciate his commitment and your commitment to this goal.

Wrestling is a perfect sport for a young man to be involved in for several reasons. This is the only sport that, by its competitive design, provides every team member an opportunity for meaningful competition. Furthermore, all team members are actively involved at practice for the entire two and a half to three hours of practice. Everyone who wrestles feels a part of the team and will at some point, whether in a match or tournament, participate in meaningful competition.

Your son will not only learn how to wrestle, but will be challenged to grow his character to new heights. Wrestling practices are the most physically and mentally challenging exercises that an athlete will participate in and the confidence that your son will gain through them means more to me, Coach Buckner, and Coach Patton than anything else. I take much pride in teaching our young men that giving up is never an option and I hope that they take that competitive spirit into everything that they approach for the rest of their lives. Wrestling is one-on-one competition and there is no one to blame for failure but one's self. This drives our young men to prepare themselves for every match and the work ethic that your son will develop as a result is unparalleled.

Wrestling practice will begin on Thursday, November 1st.

Monday, November 5th will be the deadline for all student-athletes to sign-up for wrestling.

All Spirit Pack order forms and monies are due on Monday, November 5th at the parent meeting.

Before a student-athlete can participate in wrestling, the following forms must be submitted:

1. Birth Certificate
2. AHSAA Physical
3. AHSAA Release Form
4. AHSAA Concussion Form
5. AHSAA STAR Sportsmanship
6. SCBOE Drug Form
7. SCBOE Transportation Form
8. OMMS Consent Form

➤ All of these forms can be found online at <http://podcasts.shelbyed.k12.al.us/omms-wrestling/>

Before a student-athlete will receive any wrestling equipment, the following must be submitted:

1. Spirit Pack Order Form
2. Payment

We will have a parent meeting Nov. 5th at 6:00 pm in the cafeteria.

We will meet to discuss the upcoming season, collect the necessary forms and fees, and answer questions.

All forms, which can be obtained from (<http://podcasts.shelbyed.k12.al.us/omms-wrestling/>), and monies are due by Wednesday, Nov. 5th, but can be turned in beginning Monday, Oct. 15th.

1. Costs: Operations Fee - \$200.00

The operations fee covers the operating expenses of the wrestling program which include tournament entry fees, officials, and supplies needed for hosting home matches.

Spirit Pack - \$195.00

SPIRIT PACK INCLUDES:

1. *Sweat Shirt*
2. *Sweat Pants*
3. *T-Shirt*
4. *Shorts*
5. *Shoes*
6. *Headgear*
7. *Small Duffle Bag*

2. Transportation:

Parents transport student-athletes to and from practices and competitions.

3. Staff Coordination:

Staff Coordinator
Communications Coordinator
Spirit Pack Distribution Coordinator
Nutrition Coordinator
Banquet Coordinator
Transportation Coordinator
Fundraising Coordinator
Home Match Coordinator
Gate, Concessions, Set-up/Clean-up Coordinators

4. Fundraising Opportunity to Offset Cost of Spirit Pack* (please see page 3 for important details)

Every wrestler has the option of selling subscriptions to ESPN the Magazine. This is the perfect time for this fundraiser with the Christmas holidays approaching as magazine subscriptions make perfect gifts!

The subscription costs just \$40 and is a two-year, 52-issue subscription. Better yet, OMMS Wrestling keeps \$30 of every subscription so this will be an easy sell.

Because we keep \$30 of every \$40 subscription sold, your family will be able to apply all \$30 of every subscription sold (check collection required) to apply towards your son's spirit pack for wrestling. I will give everyone family 2 order forms (three subscriptions per form) for a total of \$180 to apply towards spirit pack costs. Families are responsible for their son's remaining balance.

***For this fundraiser to be possible, I need every family to pay their operations fee on the night of Nov. 5. The operations fee is \$200.**

*The fundraiser will be conducted for two weeks from Nov. 5 – Nov. 19. **On Nov. 19, each family is required to submit subscription order forms, \$40 checks, and the remaining balance for their son's spirit pack.** Because each wrestler will have already received his spirit pack items, this deadline must be met. Thank you again for your cooperation in this matter.

Please choose your spirit pack option from page 4 and determine the cost of your son's spirit pack. For each subscription sold and \$40 check collected, you may subtract \$30 from the amount of your son's spirit pack. Families will be responsible for the remaining balance as of Nov. 19.

