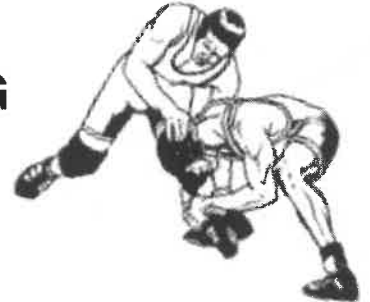


2024 GOLDENVIEW WRESTLING



Dear parents and athletes - Welcome to the Goldenview 2024 wrestling season. We are looking for another excellent year for our young athletes. Wrestling is tough both physically and mentally, so proper conditioning and preparation are extremely important. Our goal as coaches is to prepare the young athletes to wrestle to the best of their ability against the city wide competitors. Here are a few points of interest.

1 - Wrestlers will be given shorts and shirts/singlets for the meets and tournaments, head gear will also be provided if wrestlers do not already have their own. Wrestling shoes must be worn in tournaments and matches. Wrestlers should also have them for practice as regular tennis shoes are not designed to be used on the mats. Wrestlers who have braces must have upper and lower mouth guards for both practices and the meets/tournaments.

2 - No wrestler may compete in a match/tournament until they have been to 10 practices. As there are only 11 practices prior to our first meet, it is imperative that wrestlers come to every practice. Weigh-ins take place the day before a meet/tournament. If wrestlers are absent and miss weigh-ins they can not compete in the upcoming wrestling competition.

3 - Practices will be physically challenging and a hard workout. Please encourage athletes to take a shower as soon as they get home. It would also be good practice to have several pairs of workout gear that can be swapped out and washed before each practice.

Thank you - Coach Byrd, Coach Masneri, Coach Nowland, and Coach Pestrikoff