



Aquinas Athletics

314 11th STREET SOUTH•LA CROSSE, WI 54601•PHONE(608)784-0287•FAX(608)782-8851

AQUINAS MIDDLE SCHOOL - 6TH -8TH GRADE WRESTLING

PRACTICES: 1st practice - Jan 3rd, last meet Feb 20th
3:45-5:15pm - lifting Tuesdays and Thursdays
All Mondays-Friday except on days with a meet
No practices on Saturdays or Sundays

NO PRACTICES: There will not be practices on the following days:

January 16th - NO SCHOOL
February 10th - NO SCHOOL
February 13th - NO SCHOOL
February 14th - high school team sectionals

AFTER SCHOOL STUDY: All wrestlers will report to Mrs. Grob's room 106 after school where they can study and complete homework prior to being released for practice. Wrestlers may NOT hang around the school until practice or go to the locker room after school until they are released from after school study. If a parent comes and picks up their child, they should bring them back for 3:45 practice. If a parent allows their student to leave school for any reason, a student may not return to school until the beginning of practice.

COACHES CONTACTS:

Phil Klar - pklar@lacrossesd.org - (608)385-1534
Eric Smith - epsmith790@gmail.com - (608)406-6080
Matt Arnoldi and Tyler Sekora

AMS ATHLETIC DEPARTMENT CONTACTS:

Pam Donarski (608)792-1995- pam.donarski@aquinasschools.org
Mike Dee - mike.dee@aquinasschools.org

GAME SCHEDULE: you can find the most up to date game schedule on the 3riverswi.org website

https://www.3riverswi.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=57&G5button=13&G5genie=41&vw_schoolyear=1&vw_agl=2113-2-2038.&manual_access=1

SCHEDULE

January 17th - at Cashton

January 19th - at Whitehall

January 26th - HOME meet

*we will need help at this meet including working concessions

January 31st - at Prairie du Chien

February 7th at GET

February 20th at DeSoto

When a bus is provided students **MUST** ride the bus **TO** the game.

If you choose to bring your child home **FROM** the game - you must fill out a **TRAVEL RELEASE** form (for the whole season that we will keep on file in the Athletics office) - and then you would sign out your child with your coach after the game.

Travel Release Form:

https://www.aquinaschools.org/_files/ugd/0fe2f8_0e8e28a6a4ca47babda1b296b80a6360.pdf

*You must be registered online at the Aquinas Activities registration, have an up to date physical on file (6th graders do not need a physical on file as you have submitted medical information to your elementary school), and have submitted your athletic code agreement form prior to participation in any sport. If you need a form, please use the following link - or see Mrs Donarski for a hard copy in the athletics office.

Online registration: <https://aquinascatholic-ar.schooltoday.com/>

Athletic Code Agreement form:

https://www.aquinaschools.org/_files/ugd/0fe2f8_c5e69fdcaa93408597e9a2908a324b2f.pdf

Attendance - you must be in school 50% of the school day in order to participate in practice or play. (by 11:30)

Expectations

On time-If you're not early you are late

Be Responsible-if you are going to be late or not able to practice let your coaches know

Be Respectful to everyone inside and outside of the room- detentions have consequences

Work hard-Give it your best effort

Be a good partner- not worried about beating your teammate you want to make them better

Attend all competition-If you are not ready to compete that is OK be there to support

Practice good Hygiene

-Bring clean change of clothes daily

-Shower every day after practice

-Matts will be cleaned daily after practice

Goals

Listen get better

Competition by the end of the year

Build confidence

Have fun

Wrestle in high school

Daily practice

Warm up

Active stretch

Technique basics

Games

Conditioning

Live eventually

Completions

Late nights, due to travel

Time for homework on the bus and in-between matches

Bring a cooler with something to drink and eat, sometimes there are concessions

Need shoes and head gear, we have some but not enough for everyone

REMIND - text @aquinasmi to the number 81010

You will receive a welcome text from Remind

If you have trouble with 81010, try texting @aquinasmi to (612)351-6522