

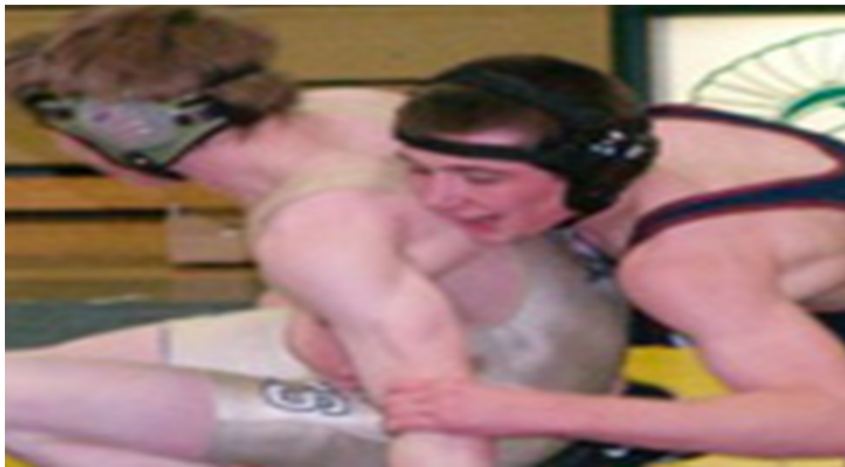
# Pittsford Wrestling

## 2011-2012 Parent Meeting



- Information/Handouts
- Code of Conducts
- HIPPA
- Schedules
- Email Addresses
- Picture Dates and Forms
- Rules/Program Guide (Includes coaches contact information)
- Overnight Trip Request Forms
- Parent Volunteer Forms

# •Pittsford Wrestling 2011-12 Parent Meeting



- Mission Statement:  
Our objective is to provide your sons with an environment that facilitates growth and development, not only in the sport of wrestling, but in the classroom as well as their everyday lives.

# Pittsford Wrestling

## 2011-12 Parent Meeting

- What parents are to expect from:

- **Coaches...**

Up to date instruction and training techniques

Opportunities for their sons to reach their highest potential with not only in-season training, but convenient off-season opportunities. If the desire to do even more is demonstrated, the coaching staff can point you in the right direction.

Emphasis on development of student, athlete, citizen

Communication of important dates and times

Concerns should be addressed in the following order:

Appropriate Coach, Varsity Coach, Athletic Director

- **Athletes...**

“Champions rarely come from the ranks of the unscarred.”

Ups and Downs

Taking responsibility in spite of temporary frustrations related to, but not limited to wrestling

Communication of important dates and times

- **Administration...**

Reliable and safe transportation

Effective problem solving if satisfaction has not been experienced in communication with the Varsity Coach

- **Coaches expect parents...**

To be positive and supportive of the athletes, the coaches, and the mission of the program.

Practice Privacy: Unwanted attendance can cause loss of focus by coaches and wrestlers.

To help your child adhere to the guidelines set forth by the program.

Help reinforce the concept of commitment vs. convenience

Cheer your son, be a good fan

Concerns should be addressed in the following order:

Appropriate Coach, Varsity Coach, Athletic Director

Contact us in cases of absences. (Match, practice etc.)

- **Kids expect parents...**

To get them places on time

Get involved, just not too involved. Help make the individual and team experience better.

To try and understand what they are going through, but not adjust expectations because of it. Be mindful of the situation following a tough practice, a loss, or adversity.

To help them focus on the big picture

- **Administration expects parents...**

To help your child adhere to the guidelines set forth by the school  
Go through the proper channels regarding concerns about the program, or an event.

# What is this.....Wrestling?

The character traits developed in the scope of a wrestling season are never the most fun to develop, but are essential, and present in effective people. "The greatest achievement is not in never failing, but rising again after you fail!" *Vince Lombardi*



## Ultimate Sport of ...

- Teamwork and individual accountability. Your success can only help the team, but the team cannot hinder your success. Best of both worlds.

- Discipline
- Weight classes, Fair

While we do our best to regulate differences in experience level, no other sport can guarantee the basic premise that you compete against someone your own size

- Character Development

Dealing with adversity, fatigue, responsibilities.

- Accountability

Who to blame?

- FAQ's
- What about that weight loss?

Weight Class Certification Process.

- What about the dirty mats and skin diseases?
- I don't even know the rules!

# Other Information



- Hygiene
- Weight maintenance  
99, 106, 113, 120, 126,  
132, 138, 145, 152, 160,  
170, 182, 195, 220,  
285. +2 12/26
- Uniform/Equipment  
Responsibility
- Schoolwork

# Team Functions/Fundraising/Booster Club



- Parent Volunteers
- Team Dinners

What do we need \$ for?  
How do we go about it? (Tournament)