Dear Parents,

It is once again my blessing and privilege to be the wrestling coach at Calvary Day School for the 2015-2016 season. Though it is a long time before practice begins in October, this letter describes several things that I want you and our boys to know heading into the summer. We had a very successful start-up to wrestling at CDS this past year. However, that is not enough to build an enduring program. We need to build on that momentum and keep it going by having our returning guys improve and our new ones get the basics out of the way over the course of the summer.

To that end, we will be having morning wrestling workouts on Tuesdays, Wednesdays and Thursdays in the month of June. These workouts will be non-combative, skill building sessions. They will take place prior to football workouts and will be finished prior to the early lifting group starting. I know this is a sacrifice, but I am hoping you will make it. We will begin at 7:30am and run to 8:40 am, so the boys will have 20 minutes of rest prior to the early lifting session. This was the best option that met Coach Stroud’s requirements/structure for the football team as well. These workouts will run until June 25th. After that, wrestlers should use the month of July to concentrate on and prepare for their fall sports.

Calvary will be hosting a wrestling camp this summer for boys in rising to 3rd through 11th grade as part of the Calvary Sports Camps. Any and all wrestlers are encouraged to attend. The camp dates are July 6th-8th and the times are 6-8 pm each night. Please register at calvarysummeracademy.com. If you have any questions, please feel free to contact me at sharris@calvarydayschool.com or call me at 912-355-6046.

Additionally, it is my expectation that all wrestlers will be either playing football or running cross country. Coach Stroud is very, very supportive of the wrestling team and I am going to be coaching cross country next season, so I know both programs will be beneficial in preparation for wrestling season.

Coach Steve Harris

Head Wrestling Coach

Philippians 3:12

WRESTLER INFORMATION SHEET

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE (2015/2016 SCHOOL YEAR): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WRESTLER’S EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WRESTLER’S PHONE NUMBER:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT PHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT EMAIL ADDRESS(ES): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*PLEASE RETURN WRESTLER INFORMATION SHEET BY WEDNESDAY, MAY 27, 2015**