GRAYSON WRESTLING

INFORMATIONAL PACKET

2024-2025

PHYSICAL AND INSURANCE

All students must have a current physical and insurance in order to participate in any sport at Grayson High School. You will have to create an account on [www.rankone.com](http://www.rankone.com). After creating your account, you will need to upload your physical, insurance, and other information on this site. You will not be considered eligible to participate until you have completed all sections required. Once you have completed all sections you will see your account at 100%. Physicals are good for one calendar year. Your parents will need to help you with some of the information. They must also sign-off on certain sections of your account.

GRAYSON WRESTLING WEBSITE

You can access our main Grayson Athletics Website at [www.graysonathletics.org](http://www.graysonathletics.org). There you can find various information as well as the required physical form you will need when getting your physical done. After clicking on “Visit the Athletics Website”, you will see the option to select the different sports Grayson has to offer. Just click on Men or Women’s Wrestling to get specific information.

PRE-SEASON CONDITIONING

Our pre-season conditioning will begin on September 23rd, 2024. We will condition Mondays- Thursdays (2:30pm- 3:30pm). All students must have an up to date physical and completed all requirements of Rank One to participate. Each day, immediately after school we will meet at the Wrestling Cage in the Boys PE Locker Room. We will do this pre-season conditioning until the actual in-season begins. That is on October 21st. This is designed to give everyone a base level of conditioning headed into the season.

DUES

Dues are vital to the running of our program. There are many expenses incurred throughout the season. Entry fees for competitions, officials for events hosted by Grayson, and any travel expenses are just a few things our program is responsible for every year. A portion of these dues go to funding our program, but the rest pays for gear you will get for the season and will keep (compression shirt, fight shorts, sweat top, sweat bottoms, and warm-up top). The dues are $300.

Most of this amount goes toward the gear you keep. The rest helps to fund the season.

The first deadline will be 10/1/24. This date will allow everyone to get their gear prior to the first competition which is 11/9/24. We will have a second opportunity with a deadline of 11/1/24. We will place a second order at that time. You want to get in on the first order as it takes 3-4 weeks to get the gear after ordering. There is a specific form for dues payments later in this packet. If any questions, please contact Head Coach Mike Stephen at [mike.stephen@gcpsk12.org](mailto:mike.stephen@gcpsk12.org).

SPONSORS AND FUNDRAISING

Information that is more specific will be available later in this packet regarding sponsors and fundraising. We will be looking for each wrestler to obtain a sponsor for our program from a business in the community prior to the start of the season. These funds go directly to the program. We are looking for each wrestler to get a sponsorship of $350. The goal to have this done is by the first practice of the season, which is 10/21/24.

Besides sponsorships, we will occasionally involve our program in various fundraising efforts. As we make decisions on those, everyone will be notified to what we will be doing. We also host a few wrestling tournaments to raise funds.

WRESTLING ROOM, LOCKERS, AND LOCKER ROOM

Our wrestling room is located in the new building on the first floor. The wrestling room (4.156) is located on the JROTC hallway in the new building. The lockers outside the wrestling room are designated for wrestling and JROTC. Wrestling will purchase a locker for each wrestler. We still have our Grayson Wrestling Cage, located in the Boys PE locker room by the Main Gym. Our wrestlers have a full locker in there as well. There will be more information related to this in the next section Daily Practice Procedures.

DAILY PRACTICE PROCEDURES

When the school day is over, wrestlers must report directly to the wrestling cage, which is in the Boys PE locker room. Each wrestler will be assigned a locker in our wrestling cage. We ask that all wrestlers bring a combination lock for their personal locker in the wrestling cage. Wrestlers should change into what they will be wearing for practice (t-shirt, athletic shorts, sweats) and their tennis shoes then head to the wrestling room. At approximately 2:30pm, the wrestling cage will be locked. This is where the lockers outside the wrestling room will used. Wrestlers will change out of their street shoes, put on their wrestling shoes, and THEN enter the wrestling room. No street shoes are allowed on the mats. Anything not needed for practice should be put in the locker outside the wrestling room.

PRACTICES

The daily practices will begin at the latest by 2:45pm. We will finish up right at 5pm each day.

AFTER PRACTICE

As determined by administration all those being picked up after practice should wait by the flagpole in front of the school.

COMPETITION SCHEDULE

We have three levels for teams at Grayson High School. We have a varsity, junior varsity, and 9th grade team. The junior varsity and 9th grade team will compete at many tournaments together, but there will be specific competitions only for 9th graders as well. The competition schedule can be found on our Grayson Wrestling Website.

HOLIDAY WRESTLING SCHEDULE

As our season covers a few holidays, we have practices and competitions during Thanksgiving, Christmas, and New Year’s holidays. While we understand, it may be unavoidable that some wrestlers may go out of town during any of these times, but it is strongly encouraged to consider we are mid-season. A wrestler can lose their starting spot whether it is for 9th, junior varsity, or varsity positions due to not be around when we need them for practices/competitions. You can find this information on our calendar, which can be found on our Grayson Wrestling Website for specific dates/times.

WEIGHT CERTIFICATION

All wrestlers must get their weight assessment done in order to be eligible to compete during the season. We will travel on a bus to the testing site on a Saturday. Locations for our assessments will generally be a high school somewhere in Gwinnett County. We will have a date to do this as a team, but anyone that misses that date will have to make this up. There may not be a bus for the make-up testing date. We need as many as possible (as close to 100% as possible) to get their assessment done on the original date. More information will become available on the dates/locations in the near future.

The cost to be assessed is $10. The most important thing is to stay hydrated. Avoid any caffeinated drinks. You should not be drinking these types of drinks since you are athletes anyway.

THINGS YOU WILL NEED BY THE FIRST PRACTICE

- Rank One completed. This means uploading a current physical and insurance information. Must be 100% complete.

- T-shirt, shorts, sweats for practice.

- Wrestling shoes.

- Wresting head gear.

- Mouth guard (if you have braces). You must have a mouth guard if you have braces. If you have a set of top/bottom braces, you will have to get a mouth guard for top and bottom. Wherever there are braces, they must be covered with a mouth guard. You are not allowed to compete with braces if you do not have a mouth guard.