

# North Gwinnett Wrestling

2022-2023 Season

## Welcome

Welcome to North Gwinnett High School Wrestling. Included in this document is all the information you need to know for the upcoming season. Please read over and revert to this document if you have any questions.

## Important Home Dates

Running wrestling tournament takes a village. Please plan on helping during the 3 tournaments that we will be hosting this season.

10/24 – 2:45 pm – First Practice

10/29 – 8:30 am – Weight Certification

11/12 – First Competition Date

11/30 – JV/V Dual @ HOME

12/3 – JV Bulldog Brawl

1/16 – 9<sup>th</sup> Grade County Championship

2/4 – Region 7 Tournament (SENIOR NIGHT)

# Wrestlers

---

## Responsibilities

If you are a North Gwinnett Wrestler, you are special and a member of a family. We have to be able to count on you. Reliability is ESSENTIAL! You are expected to be at practice every day, unless cleared by a coach. If you are at school, you are at practice (no exceptions). If you have a circumstance that comes up in which you will not be at practice (make up test, doctor's appt.) please discuss the matter with a **COACH** (not a teammate) **BEFORE** you miss practice. Unexcused absences from practice can result in removal from the team! You will be expected to make good grades, and stay in good standing. Anyone having discipline problems in the classroom will be removed from the team.

Note: We will practice and compete during Thanksgiving and Christmas Break. Practice times and dates will be made available as we approach the holidays, please plan accordingly so your son will be here to compete. Reminder that your commitment to this program is paramount.

## Practice

Preparation is the key to success. Be on time, be prepared, and come ready to get better along with making your team mates better. Practice will start at 3:30. Athletes will be screened in starting at 3:00. Those that are attending Face-to-face learning will have the time from after school till screen in time for study hall, film, and practice prep. Athlete drop off will be in the back circle along with pick up. Please pick athletes up in the back circle by 6:00pm.

## Injury

Unfortunately, injuries can be a part of athletics. If your wrestler is injured, they are still expected to be at practice, unless otherwise told. We have certified trainers on site. They are familiar with sports related injuries. They are here to keep our athletes healthy and back to competing as soon as possible. Our trainers do a great job of keep our athletes healthy, please use them. If there is an issue injury wise always report to a coach who will get our training staff involved.

If you are injured, you are still expected to come to practice and events and help out any way you can. You are still a member of the team. If an injured wrestler does not continue to come to practice, he will be removed from the team. If you are injured, you are to see our trainers. Our trainers deal with athletes to both keep safe and the ability to compete. Out of house doctors often times do not account for your wrestler's desire to compete.

## Illness

We will be taking every precaution necessary to keep our wrestlers, coaches, and community healthy and illness free. Please notify a coach if there are any illness issues, questions, or concerns.

## Code of Conduct

The use of drugs and/or Alcohol will not be tolerated. We will honor the North Gwinnett Drug Alcohol Policy. Any wrestler violating the policy will be subject to those penalties.

## Cleanliness/Safety

It is imperative that we keep our environment clean in which we work. Especially in the day in age of COVID, many athletic programs have turned to wrestling to see how we combat viruses, bacteria, and fungi. Our wrestling room will be mopped and cleaned every day with a medical grade cleaner (Vindicator). The room is also fogged several times per week as an extra precaution. The same cleaning is involved in our locker room space.

Along with clean environment each wrestler is expected to keep him/herself clean. Wrestlers will have access to the locker room and expected to shower after each practice. There will be a limited number allowed in the locker room at a time to accommodate the space necessary. You must bring clean clothes, soap, and towel every day to make sure we limit the spread of germs.

# Information/Communication

---

## Website

[www.nghswwrestling.com](http://www.nghswwrestling.com) is the team website. It will be updated with information needed for the season.

## Contact

If you have any questions or concerns, please reach out to [Kyle.McKee@gcpsk12.org](mailto:Kyle.McKee@gcpsk12.org).

## Rankone Messages

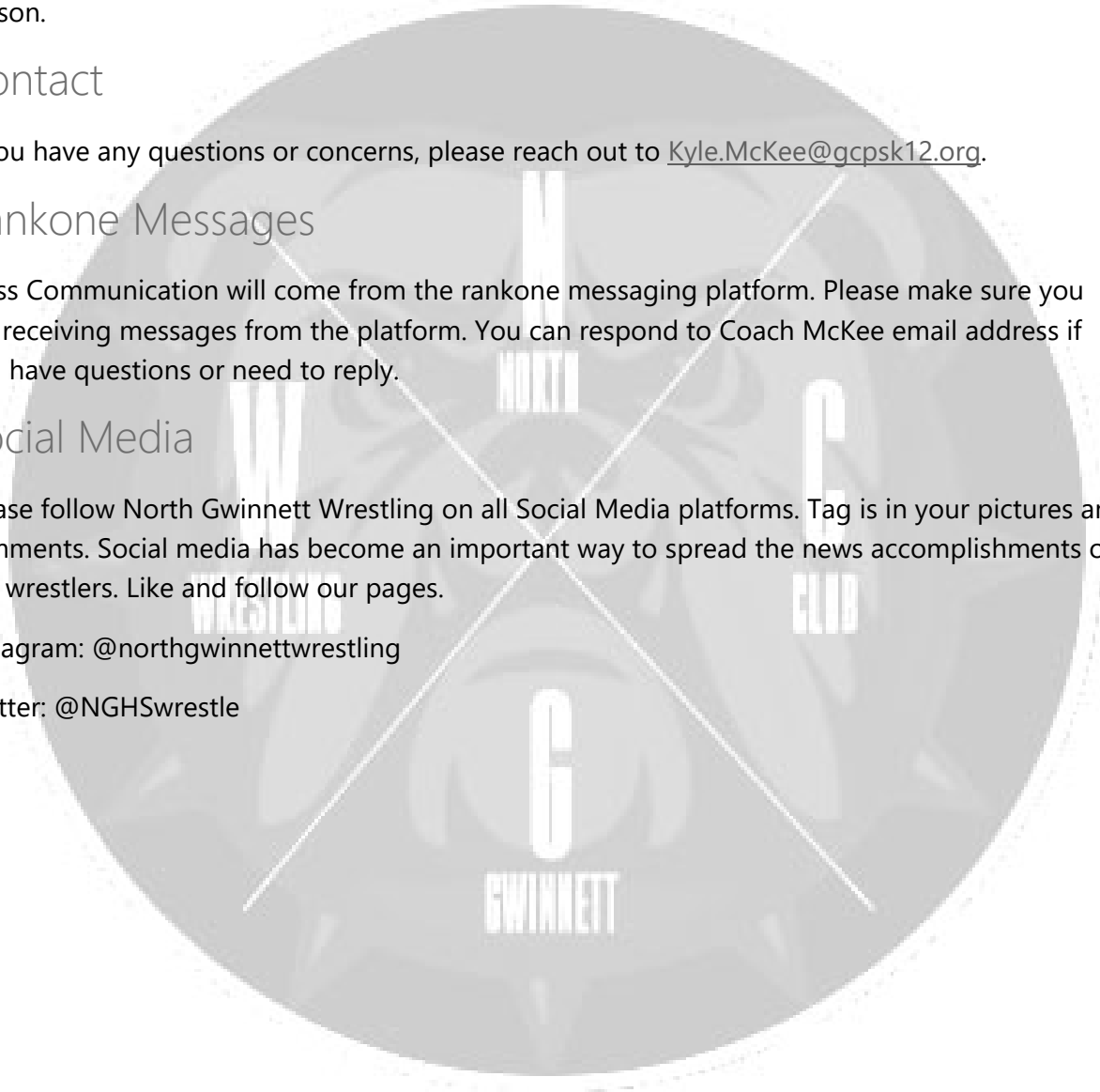
Mass Communication will come from the rankone messaging platform. Please make sure you are receiving messages from the platform. You can respond to Coach McKee email address if you have questions or need to reply.

## Social Media

Please follow North Gwinnett Wrestling on all Social Media platforms. Tag is in your pictures and comments. Social media has become an important way to spread the news accomplishments of our wrestlers. Like and follow our pages.

Instagram: @northgwinnettwwrestling

Twitter: @NGHSwwrestle



# Registration

---

## Wrestling Registration

All registration will can be found at [www.nghswrestling.com](http://www.nghswrestling.com). Registration is found in the link on the homepage. Fill out appropriately, as this information will be used to create contact list, along with ordering apparel and gear for the season.

## Rank-one

North Gwinnett HS uses rankonsports.com to complete all necessary and important documents. Login/Create you Rank-One account to complete all waivers, forms, and information. This must be completed before allowed to participate in any physical activity.

## Physicals

The 2020-2021 physical form can be found both at the NGHS athletics website, or the wrestling website. A hard copy of the Gwinnett County must be completed and signed by a Doctor. Physicals are to be turned into the NGHS Athletics Office. Physicals and forms from others sports do roll over, but please check the dates. All physicals must be good through the entire season.

## Player's Fee

Player's fee are \$365 for all first year wrestlers. Wrestlers will receive gear and singlet up the payment of their dues. Returning wrestlers that do not need a new singlet have a reduced fee amount of \$300. Fees automatically make you a member of the North Gwinnett Takedown Club. Please pay these dues ASAP. Dues are to be paid before the first day of practice, payment can be made through cash, card (bring to wrestling office), check (make checks payable to North Gwinnett Takedown Club), or PayPal (PayPal instruction on website, there is a transaction fee). If you have two children in the program fees are reduced to \$525 plus singlet cost if necessary. **If your child quits the team, your fee will not be refunded.** Make sure your child is serious about their commitment to this program.

# Fundraising

---

## Fundraising

Each wrestler will be required to participate and raise money to buy supplies, gear, and cover expenses of our wrestling program. This fundraising helps keep our dues less expensive than most other high school sports. Without fundraising we will not be able to compete.

### Vertical Raise:

We will be setting up our e-fundraiser again this season. The Vertical raise was a huge success. Each wrestler will have to set up an account and email and contacts to their account. Vertical Raise ask for donations and contributions to that contact list. Please reach out to anyone that will give. The great part of e-fundraising, we are not bound by location.

### Sponsorship

Each wrestler is responsible for \$250 in sponsorship. Sponsorship forms are located on the website. Each sponsorship is good for an entire year. Completion of the sponsorship sales wrestlers will receive North Gwinnett Wrestling Sweatshirt and Pants.

Visit: <https://www.nghswrestling.com/become-a-sponsor>

Sponsorships Due prior to Dec. 1<sup>st</sup>. We will always take sponsors late, Dec 1<sup>st</sup> cut off is for wrestler reward.

# Performance

---

## Playing time

Playing time is determined by coach's discretion. Decisions are made from key factors including most importantly standing with the team, team needs, match/tournament performance, and finally wrestle off/practice matches.

## Lettering Criteria

In order for a wrestler to letter, he must score a total of 35 or more varsity team points in the season. The team points can be accumulated in dual meets or tournaments. Any junior or senior that has been in the program since 9th grade, stays out the entire season, and remains in good standing with the team will receive a letter at the end of the season, regardless of the number of team points scored. A wrestlerette must fulfill their assigned duties at tournaments we host, and remain in good standing with the coaching staff throughout the season in order to letter.

## Outstanding Performance

Wrestlers exhibiting outstanding performances will be recognized. Any 9th grade or JV wrestler that wins the County tournament will be honored. In order for a varsity wrestler to receive an Outstanding Performance Award, that wrestler must win 40 or more matches and/or place in the top 6 at the State Tournament.

# Parents

---

## Responsibilities

Parents of wrestlers have one of the most difficult jobs. Watching a child go through the ups and down, the emotions of wins and losses, the pains and elations of a wrestling season is not easy. As a parent you are the most influential person in your child's life. Your child has chosen to wrestle and often times looking for that positive and encouraging voice when they get home, not a coaches. Some matches and practices will go better than others, please stay positive and value the process over the results. The results will come with a dedication to the process. They feed off of your actions, language, and attitudes. Encourage healthy life style habits including time management, diet, and sleep habits will make a large impact in their performance. Always remember this last note, enjoy it. Athletics do not last forever, cherish the moment and opportunity to watch your wrestler wrestle and grow.

## Volunteer

We are always in need of volunteers, we need parents to help out in the following areas: working concession stand during meets, ticket/ collections, drivers for tournaments / meets, and other activities. Please work to support our wrestlers. The more helpers we have, the less we each have to do. You will be contacted regarding meetings and work duties.

## Communication

Reminder, your wrestler is in high school now. I will be giving all the information necessary to wrestlers during practice and through our communication. Wrestlers need to be able to communicate both with you and their coaches. Along the lines of their responsibilities please note they should be responsible for bringing their equipment food, water to practice and matches, this does not need to fall on the parents' shoulders.



# Important Changes

---

U hj l q # # D D D D D D D #

# G E h u p d #

# G S m f r y h u #

# G S x o w k #

# G P h d g r z f u h n #

# G Q r u f u r w #

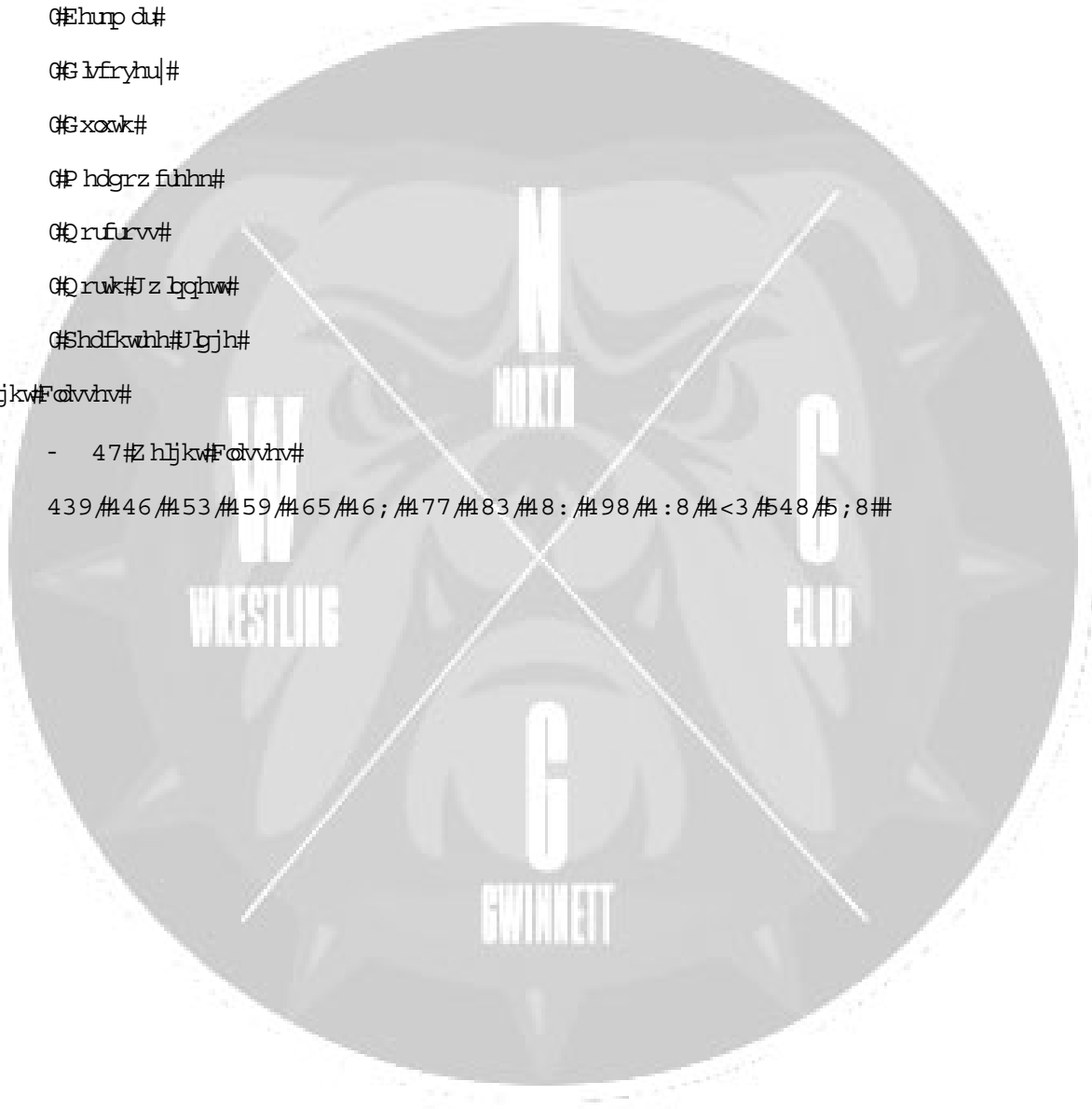
# G Q r u k # J z l q h w #

# G S h d f k w h h # J l j h #

Z h l j k # F o l v h v #

- 47 # Z h l j k # F o l v h v #

# 439 # 46 # 53 # 59 # 65 # 6 ; # 77 # 83 # 8 : # 98 # : 8 # < 3 # 48 # 5 ; 8 #



# October 2022



September '22						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November '22						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 PreSeason After School 2:15 - 3:15	27 PreSeason After School 2:15 - 3:15	28	29 PreSeason After School 2:15 - 3:15	30	1
2	3 PreSeason After School 2:15 - 3:15	4 PreSeason After School 2:15 - 3:15	5 PreSeason After School 2:15 - 3:15	6	7	8
9	10	11 PreSeason After School 2:15 - 3:15	12 PreSeason After School 2:15 - 3:15	13 PreSeason After School 2:15 - 3:15	14	15
16	17	18 MANDATORY PARENT MEETING 6:30 MPR	19 PreSeason After School 2:15 - 3:15	20 PreSeason After School 2:15 - 3:15	21	22
23	24 First Day of Practice 2:30 - 5:00	25 Practice 2:30 - 5:00	26 Practice 2:30 - 5:00 Veritcal Raise Meeting	27 Practice 2:30 - 5:00	28 Practice 2:30 - 5:00	29
30	31 Practice 2:30 - 5:00	Notes  PRACTICE STARTS ON OCTOBER 24th Calender subject to change. Wrestling Practice is Mandatory.				

# November 2022



October '22						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December '22						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Practice 2:30 - 5:00	1 Practice 2:30 - 5:00	2 Practice 2:30 - 5:00	3 Practice 2:30 - 5:00	4 Practice 2:30 - 5:00	5
6	7 Practice 2:30 - 5:00	8 DLD Practice 2:30 - 5:00	9 Practice 2:30 - 5:00	10 Practice 2:30 - 5:00	11 Practice 2:30 - 5:00	12 Gainesville V/JV Duals
13	14 Practice 2:30 - 5:00	15 Practice 2:30 - 5:00	16 Practice 2:30 - 5:00	17 Practice 2:30 - 5:00	18 Practice 2:30 - 5:00	19 V - Lanier Scramble
20	21 Practice 9:00: 12:00	22 Etowah Thanksgiving	23 OFF	24 THANKSGIVING	25 OFF	26 OFF
27	28 Practice 2:30 - 5:00	29 Practice 2:30 - 5:00	30 JV/V Lambert Chestatee	1 Practice 2:30 - 5:00	2 Practice 2:30 - 5:00	3 JV Bulldog Brawl
4	5	Notes  Times, events, and practices are subject to change.				

# December 2022



November '22						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

January '23						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Practice 2:30 - 5:00	29 Practice 2:30 - 5:00	30 JV/V Lambert Chestatee @ Home	1 Practice 2:30 - 5:00	2 Practice 2:30 - 5:00	3 JV Bulldog Brawl
4	5 Practice 2:30 - 5:00	6 Practice 2:30 - 5:00	7 9th @ Parkview	8 Practice 2:30 - 5:00	9 Practice 2:30 - 5:00	10 Raider Invitational @ Habersham
11	12 Practice 2:30 - 5:00	13 Practice 2:30 - 5:00	14 Final Exams		16 CFK Jefferson Invitational @ Jefferson HS	17
			Practice 1:00 - 3:00	Practice 1:00 - 3:00		
18	19 Practice 9:00: 12:00	20 Practice 9:00: 12:00	21 V/JV Gwinnett County Championships @ Parkview		23 OFF	24 OFF
25	26 OFF	27 Practice 9:00: 12:00	28 Practice 9:00: 12:00	29 Practice 9:00: 12:00	30 North Oconee Duals @ N.	31
1	2	Notes  Practice during final exams will be imditaly after the exam periods are over.				

# January 2023



December '22							February '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Practice 9:00: 12:00	<b>3</b> Practice 9:00: 12:00	<b>4</b> Practice 2:30 - 5:00	<b>5</b> Practice 2:30 - 5:00	<b>6</b> Practice 2:30 - 5:00	<b>7</b> REGION 6 -7A DUALS @
<b>8</b>	<b>9</b> Practice 2:30 - 5:00	<b>10</b> Practice 2:30 - 5:00	<b>11</b> Practice 2:30 - 5:00	<b>12</b> Practice 2:30 - 5:00	<b>13</b> Practice 2:30 - 5:00	<b>14</b> GHSA STATE DUAL PRELIMS
<b>15</b>	<b>16</b> 9th Grade County @ Home	<b>17</b> Practice 2:30 - 5:00	<b>18</b> Practice 2:30 - 5:00	<b>19</b> Practice 2:30 - 5:00	<b>20</b> GHSA STATE DUALS	
<b>22</b>	<b>23</b> Practice 2:30 - 5:00	<b>24</b> Practice 2:30 - 5:00	<b>25</b> Practice 2:30 - 5:00	<b>26</b> Practice 2:30 - 5:00	<b>27</b> JV - End of Season @ Cambridge HS	
					Practice 2:30 - 5:00	<b>28</b> V - Inferno Invitational @
<b>29</b>	<b>30</b> Practice 2:30 - 5:00	<b>31</b> Practice 2:30 - 5:00	<b>1</b> Practice 2:30 - 5:00	<b>2</b> Practice 2:30 - 5:00	<b>3</b> Practice 2:30 - 5:00	<b>4</b> REGION 6 -7A @ Home
<b>5</b>	<b>6</b> Practice 2:30 - 5:00	<b>Notes</b>  All Wrestlers will be apart of Region Dual Team. Winner of Dual sectionals goes to State Duals. All non - starting wrestlers will be elidgible to go to spring sport on the 28th.				

# February 2023



January '23						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March '23						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Practice 2:30 - 5:00	31 Practice 2:30 - 5:00	1 Practice 2:30 - 5:00	2 Practice 2:30 - 5:00	3 Practice 2:30 - 5:00	4 REGION 6 -7A @ Home
5	6 Practice 2:30 - 5:00	7 Practice 2:30 - 5:00	8 Practice 2:30 - 5:00	9 Practice 2:30 - 5:00	10-11 GHSA SECTIONALS - TBD	
12	13 Practice 2:30 - 5:00	14 Practice 2:30 - 5:00	15 Practice 2:30 - 5:00	16 Practice 2:30 - 5:00	17-18 GHSA STATE TOURNAMENT	
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	Notes Top 4 from region tournament qualify for Sectionals. Top 6 from sectionals qualify for State tournament in Macon. Site for sectionals is yet to be determined.				