

Jackson Wrestling -Rules & Contract

- **Alcohol, Drugs, Tobacco**
 - No alcohol , drugs, or tobacco of any kind will be permitted.
 - *Penalty*
 - Follows Athletic Handbook and OHSAA Rules
- **Respect**
 - Any disrespect to any coach or failure to follow written or unwritten rules of the Jackson Wrestling Team **may result in suspension or removal from the team.** The head coach will have the final say in any and all matters regarding the Jackson Middle School Wrestling Team.
- **Equipment**
 - Any equipment that is the property of Jackson Middle School is to be returned at the end of the year. **You will be billed for any equipment not turned in at the end of the season.**

Contests/Tournaments

- Athletes can be signed out by **their parent or guardian from matches.**
- **Concerns**
 - If you develop a concern, the proper way to resolve it starts with the coaches. Any concerns please email Coach Brown - cjb3jc@jackson.sparcc.org

Attendance

- Absent -You are required to attend **ALL practices** unless you are medically excused. If you cannot attend practice due to illness, you must contact Coach Brown to inform him of the absence by email prior to practice. Any injuries should be reported to staff immediately. **Missing practices may result in losing your spot in the lineup the following week. Excessive absences will be dealt with accordingly. Unexcused absences will result in a loss of mat time/removal from the team.**
- **Grades**
 - Poor grades will result in individual study tables during practice.
- **Making Weight**
 - **Athletes are encouraged to not cut weight.** Once an athlete wrestles off at a weight they are making that commitment for the week. If an athlete fails to make their weight class, they will not wrestle in that day's match. No exceptions.
- **Weigh ins-**

Weigh ins for most of our events will be conducted at 7:30 am in our locker room. Athletes can be dropped off or bus passes will be given.
- **Dedication**
 - Work hard and dedicate yourself to be the best you can possibly be.
- **Sportsmanship**
 - Good sportsmanship is a must. You are representing yourself, your parents, and the Jackson Middle School Wrestling Team.

****ATHLETES ARE INELIGIBLE IF THEY COMPETE AT ANY EVENT OUTSIDE OF OUR SCHEDULE.OHSAA RULES.***
SEASON IS FROM **NOVEMBER 18TH TO FEBRUARY 1ST.**

JACKSON WRESTLING

2019-2020

Coaching Staff:
Coach Brown
Coach Carneal
Coach Studer
Coach Tracy



“The only place success comes before work is in the dictionary.”

-Vince Lombardi

IMPORTANT NEWS:

WEBSITE: POLARBEARWRESTLING.COM

1. Parents please join the email list for the Middle School.
2. Tentative practice calendar is posted.

FACEBOOK:

FOLLOW- JACKSON TAKEDOWN CLUB

COACH BROWN'S CONTACT INFORMATION

Email: cjb3jc@jackson.sparcc.org

Important Dates:

Athletes: Need a pair of wrestling shoes and headgear. Singlets will be provided.

October 22nd- November 14th- Open mats and lifting. M,W,TH 3 -4:30pm @ HS

November 18th- Start of official mandatory practices. 3:00-4:30pm. (white gym)
(All Forms must be turned in)
Physical Forms and Emergency Medical forms must be turned in to participate in practice.

December 7th- First day of competition.
(Pay to Participate must be turned in to the athletic office by this date)

February 1st- Last competition. Season is over.

Wrestling Schedule 2019-2020

Gold Schedule
(Wrestle off winners)

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| Saturday, December 7th | Jackson Holiday Tournament @ JMMS Start time 9 am |
| Friday, December 13th | Black River Pool Tournament @ Black River Local HS |
| Thursday ,December 19th | Dual vs Green 5pm Home @ HS |
| Saturday, December 21st | Lake Dual Team Tournament @ Lake High School |
| Friday, Saturday, January 10th and 11th | Waynedale Invitational @ Waynedale High School |
| Saturday, January 18th | West Holmes Pool Tournament @ West Holmes HS |
| Saturday, January 25th | Federal League Tournament @ Canton Mckinley |
| Thursday, January 30th | Dual vs Perry 5pm Away @ HS |
| Friday, January 31st, Saturday February 1st | Twinsburg Invitational @ Twinsburg HS |

Wrestling Schedule 2019-2020

Purple Schedule

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|-------------------------------|--|
| Saturday, December 7th | Sandy Valley Tournament |
| Saturday, December 14th | Manchester Duals Tournament |
| Thursday ,December 19th | Dual vs Green 5pm Home @ HS |
| Saturday, December 21st | Lake Dual Team Tournament @ Lake High School |
| Saturday, January 4th | Painesville Tournament |
| Saturday, January 18th | West Holmes Pool Tournament |
| Thursday, January 30th | Dual vs Perry 5pm Away @ HS |

