

# MEAD PANTHER WRESTLING

*"Building a tradition, six minutes at a time"*

- TO: All Panther Wrestlers
- FROM: Coach McLean, Tebbets, Vaughn, Whetzel, Umbach, Golding,....
- RE: Wrestling checklist----The Next Month! READ/COMPLETE ALL OF THIS!  
**FIRST WRESTLING PRACTICE! Monday November 18**

REGISTER GO TO -<https://www.familyid.com/mead-high-school>

**You must Have an Updated Physical on File with our Athletic Office - ?Call 465-7002**

- **ONLINE WINTER SPORTS REGISTRATION IS NOW OPEN**
  - Go to our Mead High School Website
  - Choose "Athletics"
  - Then choose "2019-2020 Winter Sports Registration"
  - Register using the Family ID Link:
    - **<https://www.familyid.com/mead-high-school>**
  - Make sure you have an up-to-date physical on file with the athletic office.  
**Incoming Freshman must have a physical dated after June 1<sup>st</sup> 2019.**
  - Pay your fees - \$50 ASB & \$45 participation
  - Do it soon! See Coach McLean with questions or concerns. If money is a problem for anything, let us know and we will try to help.

**SPIRIT PACK!** Order your spirit pack items online from the **Big Cat Wrestling website:** <http://www.bigcatwrestling.org/> We will have the 2019-20 order form up soon on the BCW website--(Shorts and t-shirt required—everything else is optional) First order date is November 11th--last order Due date November 18.

**NOVEMBER 13th! AFTER SCHOOL -WEDNESDAY!!!** This is our first weight assessment, locker/gear handout, photos for our program, and concussion testing date. This is an important date to remember---this takes care of several of the items we need to complete before the season begins. We will meet in the gym right after school and get it all completed ASAP. Make sure you are there! --complete all stations...assessment, locker/gear, photo,....

**Locker and gear handout**-Wednesday November 13 after school....Eligibility  
**Weight Assessment and Individual photo** for our program-November 13th 3:00 pm  
**Wrestling Parent Meeting**, Wednesday, November 13@ 6:00 p.m. in the library. Please let your parents know about this meeting. We need all parents to attend!  
**Prepare: physically and mentally**.....Get yourself in shape. If you are not in a fall sport, start running/lifting after school. A group is meeting Monday, Tuesday, and Wednesday after school in the wrestling room for lifting, running, drilling.... This is a self-guided program with supervision.

**Some people dream of worthy accomplishments**  
**While others stay awake and do them.....**