

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 12

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

Register On-line

Pay a Participation Fee - \$40

Pay for an ASB Card - \$45

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

GO TO FAMILY ID, LOGIN AND REGISTER FOR 2018-2019 WRESTLING SEASON. IF YOU WERE/ARE IN A FALL SPORT-YOU STILL MUST REGISTER FOR THE WRESTLING SEASON! All eligibility packets must be completed online and are due prior to the first wrestling practice Monday November 12. 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 2018 order form up soon on the BCW website--(Shorts and t-shirt required—everything else is optional) First order date is November 9th---last order Due date November 17.

___ North Idaho College, 15x National Champions will compete in their annual **Red vs Gray Intra-squad match @ 6:30 p.m. Wednesday October 24th @ Mead**. All wrestlers need to attend and take in some great wrestling action.

___ NOVEMBER 7th! 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 in one day. Make sure you are there --complete all stations...assessment, locker/gear, photo, impact testing....

___ Locker and gear handout-Wednesday November 7 after school....Eligibility

___ Weight Assessment and Individual photo for our program-November 7th 3:00 pm

___ Wrestling Parent Meeting, Wednesday, November 7@ 6:00 p.m. in the library. Please let your parents know about this meeting. We need all parents to attend!

___ Team Activity: @ Riverview Bible Camp TBA.

___ 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.....

North Idaho College @ Mead High School



Red vs Gray Intrasquad
Wednesday, October 24 @ 6:30 p.m.

Cost: \$2.00

Please call Coach McLean for more information. 465-7121 or 344-9616

North Idaho College has won 14 NJCAA National Championships
50 National Champions, 208 All-Americans
ALL MEAD WRESTLERS MUST ATTEND. BRING 5 FRIENDS!
FREE PE MAKE UP OFFERED FOR ALL MEAD STUDENTS!

Take a look at Hasaan Hawthorne's story. He is currently wrestling for NIC!

http://www.al.com/sports/index.ssf/2016/04/hasaan_hawthorne_searches_for.html