TO DO LIST

For Wrestlers

You must complete the tasks below by

**October 31 (Fri), 2014** to join the team

1. Give the “letter to parents” (next page) to your parents as soon as possible
2. Go to <http://www.titanswrestling.org/forms/> and fill out the **2 forms** under “Forms Required Before the Season for All Wrestler (high school & middle school)” (there are 2 forms: Athletic sign-Up Form and Wrestler Information Form)
3. Buy wrestling shoes if you don’t have a pair by the first day of practice

First day of practice is November 4 (Tue) 3:40 in the MPR (North).

Come down with your wrestling shoes and appropriate clothing for a PE class.

You can get shoes at:

<http://www.e-wrestle.jp/> (online shop)

<http://azzurro-sports.com/> (shop)

If you are going to join the wrestling team, please understand that it is a very serious program which coaches, parents, and alumni put in a lot of effort. Please be ready and expect to your best to dedicate almost every day (including weekends and holidays) until the season ends in mid-February. You will make a lot of sacrifices and go through very hard work; but the rewards upon completion will be something you treasure for the rest of your life.

LETTER TO PARENTS BELOW

Dear Parents,

You are receiving this letter because your son has expressed interest in joining the wrestling team for the winter season of 2014-15.

Please complete the following tasks by **NOVEMBER 3 (MON), 2014**:

Go to <http://www.titanswrestling.org/forms/> and fill out the “Forms Required Before the Season for All Parents (high school & middle school)”. There are 3 forms you must fill out:

1. **Base release form**
2. **Parents Information Form**
3. **Supporter Base Entry Form**

There are two season-opening events scheduled for you. We hope you can make your best effort to attend these events as parent engagement is essential to a successful program.

*November 7 (Fri), 2014 – Orientation Night for Wrestlers and Parents – 3:30pm in room 313*

The orientation will cover:

* Introduction to the wrestling program and season schedule presented by Coach Yabui
* Health & Nutrition: how to cut weight correctly presented by Nurse McCoy
* What to do with injuries presented by Coach Yabui
* Athletic performance and gears presented by Under Armour representative (opportunity for wrestlers to order necessary gear for a discounted price)
* Team apparel sales (please bring cash to purchase last year and this year’s team apparels)

*November 8 (Sat), 2014 – Wrestlers, Parents, and Alumni Events*

10:00 – 12:00 in the MPR (North)

*Team practice; parents are invited to come and watch*

12:00 – 13:00 in the MPR (North)

*Introduction to wrestling and rules for parents*

13:00 – 15:00 in the cafeteria

*Season Kick-Off Luncheon with wrestlers and parents; 1000 yen fee/person*

19:00 – 21:00 location TBA

*Parents & Alumni Night*

PAGE 1

As tough as this sport is, its rewards are invaluable and something that wrestlers take with them for the rest of their lives. At St. Mary’s, we have a rich tradition of the wrestling program which started in 1969. In the 45 seasons, the Titans have produced 58 Far East Champions and won 11 Far East Championships (which is the second most in the league). It is a very serious program that has been strongly supported by parents. A successful season cannot be accomplished without the involvement parents, alumni, coaches, the school, and the community.

Please feel free to prepare any questions/concerns you have for these meetings. Also, if you cannot make these meetings, please send me an email to the email address below so I can send you the handouts/resources for the day.

Also, please note our team website: <http://www.titanswrestling.org>

This is the website for the wrestling program and it will be used as the main medium of communication besides emails between the coaches and the parents. Although still work in progress, this website will contain information on season schedules, results, supporter item purchase forms, and etc…

I am extremely excited about this season and I hope to share this excitement with you and with the team this season. Thank you.

Sincerely,

Shu Yabui

HS Teacher / HS Wrestling Coach

yabuis@smis.ac.jp

PAGE 2