

ACH MIDDLE SCHOOL

BOYS AND GIRLS WRESTLING

2023

Dear Parents and Wrestlers,

Welcome to Middle School Wrestling! I am excited to have you as part of our team. My name is **Allan Fox** and I have been involved in this sport for over four decades. Coach **Josh Butler** will also be coaching again this year! Josh brings a wealth of wrestling knowledge and additional experience to our program.

This year there are changes happening in our program. Our wrestlers will be practicing together, and we will be intermixing our match schedules. I will be coaching the boys and Josh will be coaching the girls.

Involvement - Each student must understand that they *earn the right to wrestle*. If a student's academics are not up to par, they will not be allowed to participate. (See school athletic code)

Practices -Our practices will be held in Coulee City at the Brick House. The bus will drop the kids off at approximately 3:30 and practice starts at 3:45. Practice will be done before 5:30 and the activity bus will leave from the Brick House at 5:30. The bus will be in Hartline at 5:45 and return to Almira at 6:00 PM.

Hygiene - It is **important** that each student maintains a high level of cleanliness in wrestling. It is important to keep free of skin infections. Showers are required daily and so is deodorant. Please bring **two sets** of practice clothes and the managers and I will wash clothes nightly and have them ready for the next day. **What a deal!** The wrestling mats are cleaned and sanitized nightly so why not our students?

Paperwork - Students need to have a valid ASB card and pay the sports fee to participate in any sport. In addition, you must turn in your signed Athletic Participation Form, Student Contract, Warning of Risks, updated physical, Consent for Treatment Form, and Waiver of Accident Plan Coverage.

You can find these forms online at the ACH Middle School website.

Our **Match schedule** is Printed below and is also available on the ACHMS activities website: www.almirasd.org

Please contact the school office if you have any further eligibility questions.

Our First **Girls Practice** will be Wednesday October 25.

Our First **Boys Practice** will be Monday October 30.

2023 Combined Schedule

- November 8th ***Girls*** Match at Okanogan.
- November 15th ***Girls*** Match at Oroville.
- November *16th ***Both Boys and Girls HOME MATCH!***
- November 21st ***Boys*** Match at Liberty.
- November 29th ***Girls*** Match at Lake Rosevelt.
- November 30th ***Boys*** Match at Inchelium.
- December 5th ***Girls*** Match at Tonasket.
- December 7th ***Boys*** Match at Kettle Falls.
- December 11th ***Boys*** Match at Chewelah.
- December 12th ***Girls*** Match at Omak.

We are looking forward to great seasons!

If you have any further questions, feel free to call either of us:

Allan Fox at 509-641-1013.

Josh Butler at 509-431-8660