

THOMAS JEFFERSON WRESTLING CALENDAR

November 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	7	8	9	10	11	12
13	14	15 Parent & Wrestler Meeting 6:00	16	17	18	19
20	21	22	23	24	25	26
27	28	29 TJ Practice 6-7:30	30			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 TJ Practice 6-7:30	2	3
4	5	6 TJ Practice 6-7:30	7	8 TJ Practice 6-7:30	9	10
11	12 TJ @ Webster, bus leaves @ 3:00	13	14	15 TJ Practice 6-7:30	16	17
18	19	20 Menomonie Falls @ Home 4:00	21	22 TJ Practice 6-7:30	23	24
25	26	27	28	29	30	31

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Mequon @ Home 4:00	5 TJ Practice 6-7:30	6	7
8	9	10 TJ Practice 6-7:30	11	12 TJ Practice 6-7:30	13	14
15	16	17 TJ @ Grafton, bus leaves @ 3:00	18	19 TJ Practice 6-7:30	20	21
22	23	24 Germantown @ Home 4:00	25	26	27 Conference Meet @ Germantown bus leaves @ 2:45	28
29	30	31				

For questions or if you're going to miss practice please email or call Coach Bob Makoutz at bobmakoutz@sbcglobal.net, 414-940-4745. Bus times for duels and tournament will be discussed at practice. Practice will be at the High School Wrestling room. Arrive 20 minutes early and be ready to go at 6:00! No street shoes are allowed on the mats!

Thomas Jefferson Middle School Wrestling Honor Code and Guideline

Purpose: The reason why we are having an honor code is that we want our wrestlers to develop to his/her full potential as possible. This is not only the physical but mental, moral and emotional aspect of a student-athlete. It is imperative that everyone on the team adopts this code. Both the success and the integrity of our wrestling team depend on it. We will not tolerate any deviance of our code. We want everyone to be proud that you are and were part of the Thomas Jefferson wrestling team. For this reason we have rules that are required to follow:

Rules: Violation for the following may result in suspension or dismissal from our team.

- 1. The use, abuse, possession, selling, or being under the influence of any drug, alcohol, and tobacco is prohibited.**
- 2. Any form of hazing or disrespect to peers, teachers, or coaches in school and outside of school is prohibited.**
- 3. Intentionally exposing others to body fluids or parts is prohibited.**
- 4. Any local, state, or federal crime may result in dismissal from the team.**
- 5. Any behavior or attitude deemed to be detrimental to the well being of the Thomas Jefferson wrestling is prohibited and can result in dismissal from the team. This would include failing to be supportive of teammates. This also means no whining, no complaining, and no excuses!**

General Rules: Failure to follow the basic rules could result in temporary suspension from practice and/or duels, or dismissal from the team:

1. Above all else, the coaching staff and the entire team must be able to depend on you! If you are not at school and it's not excused you will not be able to practice or attend the duels. If you are not going to be at practice or duels please email or call. If you do not contact a coach it will be an unexcused absence. Email: Bobmakoutz@sbcglobal.net, cell: 414-940-4745
2. During the month of December if you wrestle for the Piranhas you are excused from one practice a week. In January you are only required to wrestle at the duels and tournament.
3. Wrestlers will be at practice 20 minutes early to do the required pushups, and sit-ups. Every practice all wrestlers are required to put KS skin crème on their exposed skin, which is distributed by the coaches. KS skin cream is a skin protector from ringworm and other skin diseases. It looks like shaving cream.
4. Wrestling shoes, headgear, shorts, tee shirt, socks are required on the mat at all times. NO Street Shoes Allowed!
5. When a duel starts you are required to sit in the chairs mat side and watch, cheer on your teammates. You will not be allowed to walk around, do homework, play video games, eat, etc. If you're match is coming up you will be allowed to warm up. NO wrestler can leave the duel early unless it's excused by a coach.
6. Every wrestler will be given a singlet at the beginning of the event and the singlet must be returned before they leave the event.
7. All wrestlers must ride the bus to every event. No wrestler will be able to go home with their parents unless a permission slip is filled out by their parent and given to a coach. These forms are located in the school office. A family member must pick up all wrestlers riding the bus from an event once we return to Thomas Jefferson. The coaches are not responsible for any wrestler transportation for events or practices.

8. No parents are allowed in the wrestling room during practice. This will eliminate distractions and will allow your wrestler to do his/her thing without any added pressures.

Information:

1. During an event wrestlers are matched up by weight/grade/experience. We try our best to have a match for every wrestler and at his/her level.
2. Wrestling practices are on Tuesdays and Thursdays 6:00 to 7:30 at the High School wrestling room starting November 29th.
3. We will have TJ wrestling clothing. We have a spirit package with Badger Sporting Goods. We need a minimum of 12 orders of each item. I will email the information later in the week. It's an online order and the clothing will be shipped to me and handed out at practice.
4. Wrestlers will meet in the boy's locker room right after school before every event.
5. You will not be able to participate until your physical and insurance forms are turned in to the school office.