



Weddington Middle School

Wrestling 2024-2025

Pre-Season Information for Athletes and Parents

Head Coach: John Rogers

Email: jrogers935@carolina.rr.com

Assistant Coaches: Stacy Rooks, James Wilton, Shane Rimmer

Athletic Director: Paul Howard

Email: paul.howard@ucps.k12.nc.us

First Practice: Monday, Nov 4th

Practice Times: 5:30pm to 7:30pm

Practice Location: Weddington High School Auxiliary Gym

* Practice times are subject to change at the discretion of the coach and availability of the facility

Sports You Sign-up

- ADD CODE - **EU9RQTXG**

Pre Try-out Requirements

- Valid Registration on Family ID completed and approved by WMS Athletic Director no later than October 24th.
 - All waiver and physical signatures must be correct and up to date.
- Students must have passing grades in their spring 2024 core classes. (no more than one failed class)

Athlete Expectations

- Athletes must...first and foremost be **dedicated students** committed to academic success.
- ...Show up **on time** with appropriate workout attire and necessary equipment.
- ...Be **dedicated to the team** and make every effort to not miss any practices.
- ...Inform coach **ahead of time** if practices will be missed.
- ...Ask the coach first, **before their parents**, if they are struggling with mat time or feel they need extra support.
- ...**Give their best** in each practice

Parent Expectations

- Parents Should...first and foremost be **positive and encouraging to all** (home and away) athletes, coaches, and officials. You are also a representative of our community values..
- ...understand that wrestling is a very challenging, physically demanding sport: soreness, and discomfort is common, but leads to tremendous growth in a child's **self-efficacy, resiliency, and overall confidence in all areas.**



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- ...encourage their athlete to **engage in self-advocacy** before approaching the coach with any concerns.
- ...only after concerns are calmly communicated with the coach, reach out to the athletic director if further disagreements arise.
- ...When possible, pick up their student-athletes at away events.