



## YEAR 11 : WHAT WILL BE YOUR STORY TO TELL?

We may have had a great year from the public view for a Mtn View program, even with the addition of more trophies and titles, but the coaches expectations are HIGHER! Our expectation is to WIN easy and often! We expect you to WIN in the classroom AND on the mat. We must continue to make good decisions in all areas of our life (family, school, team, etc) as poor decisions could lead to loss of privileges (or removal) with the team.

EACH TEAM IS INDEPENDENT OF THE YEAR BEFORE! IT'S UP TO YOU NOW!

The coaches and I are obligated to get you ready for these tasks, so let's get started. Let's work together toward the 'Mountain View Way': **Character, Commitment, and Competitiveness**. Let's work together to dominate our opponents, individually and team-wise. Let's continue to work harder and smarter than we have. We must always be willing to learn and push ourselves to new levels.

We need to further gain a reputation of fierce competitors and bring intensity to every match!

Are you willing to say, “ **WE > me** ” ?

One good kid can't make the team much better, but one wrong kid can kill a team.

The road to success can be painful and tiring, but will be the most fun thing you'll experience when done! If it was easy...everyone would be doing it...and it wouldn't be worth it in the end!

You can't wait! The time will never seemingly be just right.

## WHO WILL BE OUR 4th STATE CHAMP?

Overall 10 year Team Win Record—227 wins –85 losses

WHO WILL BE OUR TOP FRESHMEN?  
WHO WILL BE OUR TOP JV WRESTLERS??  
WHO WILL BE VARSITY???  
WHO WILL BE OUR NEXT STATE PLACER????

EXPECT TO WIN  
2019 State Dual Runnerups  
2015, 2016, 2017, 2018, 2019 Area Dual Champions



### **IMPORTANT DATES!**

**Wednesday, Sept 11th** : Fall Sports Physicals. Yearly physicals are required to participate and practice for any sport. They will occur at Mountain View at 6:00pm to 8:00pm. The cost is \$20. Create an account on Dragonfly and download the app PRIOR to attending. [www.dragonflymax.com](http://www.dragonflymax.com)

**TBA** : Mountain View body fat assessment day. The National Federation and the Georgia High School Association requires that every wrestler participate in a body fat assessment. Once the percent body fat is obtained, then each wrestler will be told the weight classes in which they will be allowed to compete. Our assessments will be done at Sports Med South Clinic at TBA. We will meet in the front parking lot of Mountain View at TBA and ride a bus to the clinic at TBA. The cost is \$10 that all goes to the clinic (cash or check) . Remember – they will do a urine test first – if you are not hydrated enough then you will not be allowed to go through the body fat assessment. You would have to return at a later date and pay the fee *again*. You will need to wear a shirt and shorts to be assessed.

**Tuesday, Oct 22nd (Parent Meeting)**– Takedown Club meeting and coaches introductions at 7:00 p.m. in the Media Center – Parents are required to come. Spirit-wear available.

**Sunday, Nov 3rd** – Team Pictures and Patrons walk.



## 2019/2020 WRESTLING START OF PRACTICE

**Week of October 15th** - All physicals need to be turned in by October 15th. Make sure everything is complete or it will be given back to you. Other forms must be completed and handed in by this date as well.

(Tues, Wed., and Thurs., 10/15, 16th, 17th) – Workouts will be held from 2:30 to 3:45 in the wrestling room.

**Monday, October 21<sup>st</sup>** – Meet in the wrestling room by 2:30 for the first practice. We will practice every day until 5:00 p.m. Starting with the 3rd day of practice, there will be a study hall every day for everyone from 2:25 – 2:50 in room 1.003.

**Equipment** – The only required equipment is wrestling shoes, which can be purchased at most sporting goods stores. Several wrestlers also choose to purchase knee pads and their own headgear. Uniforms, warm-ups and headgear are supplied by the team – thanks to the efforts of the Takedown Club. Personal headgear should reflect the school colors of black, gold, white.

**Wrestler fee cost - \$85** - This fee help offset the entry fees cost to enter wrestlers into weekend tournaments for the entire season, pay for awards, warmups/singlets, assistant coaches, team travel, mat maintenance and other team needs. Wrestlers will participate in all fundraisers: Raffle, Spiritwear, Patrons Walk, tournaments, etc. Your family will be sent an email to pay for the wrestler fee.

**Training and match gear cost - \$65** - This fee will pay for the Performance sublimated **Team Shirt** and a pair of **team fight shorts**. Your family will be sent an email to purchase after team fee is paid.

*First year wrestlers: DO NOT* worry if you do not know anything about wrestling. Many of our varsity wrestlers never wrestled until their 9<sup>th</sup> grade year. At first you will only be competing against other beginners who weigh about the same as you. Many of our state placers started wrestling in 9<sup>th</sup> grade!

- Do come out if you can make a commitment to the team by working hard every practice as well as putting in extra work at home.
- Do come out if you can make a commitment by being tobacco, alcohol and drug free.
- Do not come out if you are afraid of hard work.
- Do not come out if you are not willing to help the team in any way possible. (Experienced helping rookies, etc.)
- **Remember** – you must be academically eligible to wrestle now. You must also pass 5 out 6 classes every semester or your season will be over in December.

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## **ATTENTION PARENTS:**

**During the parent meetings, parents will have an opportunity to meet the coaches, Takedown Club board and pay the wrestlers fee. Please support your child and the program. Fees for the Mountain View Wrestling Takedown Club will cost well below all of the other sports at Mountain View. Exactly how these funds are spent will be explained at the parent meetings.**

Head Coach – Jim Gassman

[Jim\\_Gassman@gwinnett.k12.ga.us](mailto:Jim_Gassman@gwinnett.k12.ga.us)

Assistant Coach – Brandon Gill

Assistant Coach – Michael Bowlbliss

Assistant Coach – Jerry Hennebaul