



*"Our Tradition is Building"*

# 2021-2022 Youth Wrestling Season Parent meeting

# Registration

- Need current [USA Wrestling Membership](#)
- [Online](#) registration only
  - Information saves for consecutive years, making it easier
- Option to purchase additional T Shirts for \$6.00
  - (Show your support)
  - Distributed at practice



# SportsEngine

Download the free app

- Communications
- Schedules
- RSVP
- Photo/Video Upload
- News



- Make sure to turn on notifications in app
- If any issues, email us at [SaukPrairieWrestlingClub@gmail.com](mailto:SaukPrairieWrestlingClub@gmail.com)



# Practice Schedule

- Typically Tuesdays and Thursdays from 6:00-7:30
  - 6-7 for beginner, and 6-730 for advanced (2+ years experience)
- All changes will be reflected on SportsEngine/Website Calendar
- First practice tomorrow night at 6 pm in the High School wrestling room



# Drop off/Pickup

- Drop off a bit early to ensure prompt start time (time to put shoes on, etc)
- If need a ride, use chat feature in SportsEngine
- Welcome to stick around, but if not coaching, need to wait in hall
- Pick up on-time
- Clean all equipment/clothing regularly



# Defense wipes

- We are providing Defense wipes for wrestlers to use after practice if you decide to. This is not mandatory, but a good way to clean exposed body parts that can be susceptible to contagions. i.e. ringworm, etc. Typically, when one wrestler gets ringworm, many other will as well.
- Defense original body wipes contain the same 100% natural essential oils as our bar soaps and shower gels. Our body wipes are not intended to replace showering but to cleanse the skin when you are unable to take a shower within four hours of training or competing. This four hour period is the critical window for contagions to develop.
- Ingredients: Distilled Water, Tea Tree Oil, Eucalyptus Oil, and Coco Glucoside.
- In addition, we recommend the use of Defense Soap or similar products during showers. This can be purchased online.
- You can find more information regarding Defense Wipes at <https://www.defensesoap.com/product/defense-body-wipes/>



# Competitions

- Optional –
- The Sauk Prairie Wrestling Club pays for 3 tournaments throughout the year in addition to Regionals/State. More info to come as tournaments are being scheduled
- Big Gains Duals Reedsburg this year 2/13/2022
- Sauk Prairie Youth Tournament 2/20/2022
- Lodi joint practice in Lodi 3/10/2022
- Regionals – 3/19/2022
- State – 3/25-3/26/2022



# Fundraising

- The Sauk Prairie Wrestling Club pays for a number of things that benefit the program at all levels (Camps, singlets, tournaments, keep registration costs lower, etc.)
- Essential to have a successful program





# Raffle Tickets

One of our main fundraisers for the year

Each wrestling family is asked to sell at least 2 books of tickets (\$100 worth).

For each book sold, the wrestler gets an entry into a drawing.  
Each age group PK-5th, 6-8th, and HS draws to win \$50.

Drawing on 1/8/2022



# FlipGive

**A few minutes can save you thousands of dollars**

## Everyday Essentials

**\$400 / week**



## Dining

**\$200 / week**



## Home & Electronics

**\$400 / month**



## Fashion & Beauty

**\$100 / month**



## Gear

**\$500 / season**



## Travel

**\$1000 / season**



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**\$1000 earned and saved in one season**

**Forget fundraising. Shop and earn cash with FlipGive.**

FlipGive is an easy-to-use cashback app for teams, designed to help sports parents lower the cost to play by shopping for the things they're already buying from all their favorite brands.



**WRESTLING**

# T-Shirts

- T-Shirts are being worked on currently
- Will hand out at a future practice
- We will also be selling them for \$6 (Great gift)
- Window clings available for \$5



# Volunteering

- Each family is responsible for volunteering 2 shifts during the season, unless they paid \$100 opt-out fee.
- We encourage Youth parents, family, and friends to volunteer during the High School tournament **1/8/2022**
- You can pick your slots on our website under the Dibs section. Multiple pages of listings, so click other pages



# Stay connected

- Visit our website at [www.SaukPrairieWrestling.com](http://www.SaukPrairieWrestling.com)
  - Join our mailing list
- Like us on [Facebook](#)
- Attend SPWC Board Meetings
  - 1st Wednesday each month
- Make sure we aren't going to Spam folder



# Thank you for your support

- Coaches:
  - Cohl Routson – Head Youth Coach
  - Matt Gaffney – Head Varsity Coach
- Additional Assistance
  - Josh Schell
  - Paul Fosshage
  - Josh Strutz
  - Mike Heath
  - Preston Breunig
  - Justin Schultz
  - Mike Solt

