



## Vincent J. Maloney Catholic Junior High School

20 Mont Clare Place • St. Albert, Alberta T8N 1K9 • (780) 458-1113 • Fax (780) 458-6261 • [www.vjm.gsacrd.ab.ca](http://www.vjm.gsacrd.ab.ca)

Dear parents and or guardians,

We are happy to announce that Mr. Conor McIntyre has returned to coach the VJM wrestling team for the 2015-2016 season. **Practices are held on Monday and Wednesday from 4:00 – 5:00 pm** beginning Wednesday January 6, 2016 with the season lasting until early to mid February. All practices will occur in the small gymnasium at SACHS. If your child is unable to make a practice, please notify our staff liaison Mrs. Hood. Mr. McIntyre currently attends the University of Alberta, wrestling at the U of A this past fall. Mr. McIntyre also has coaching experience at the Junior High Level. Wrestlers are grouped according to age, weight and gender. Wrestling is open to male and female students in grade seven through nine.

### Schedule:

There is a \$25 fee for wrestling this year. Parents will be responsible to transport their children to all meets and tournaments.

### Equipment Needed

Wrestlers should be appropriately attired. Wear shorts, t-shirt, and socks to all practices. We ask that the students wear runners until official wrestling shoes are provided for the students.

\* Please purchase a mouth guard for your child, as mouth guards are mandatory for all wrestlers.

**NO** zippers, buckles, belt-loops or buttons

- Fingernails must be trimmed short

- Jewelry must be removed -- especially pierced jewelry

- Long hair should be braided or secured with a soft elastic or scrunchy; no plastic or metal barrettes

More information will be provided about the program. Don't hesitate to contact the school if you have questions. It is our goal to try to provide a positive, fun, experience for all.

Yours in wrestling,

Mr. Conor McIntyre  
Head Coach

Mrs. Hood  
Staff Wrestling Liaison

Mr. Pedersen  
Vice Principal

I \_\_\_\_\_ (printed parent name) do hereby give my son/daughter

\_\_\_\_\_ (printed name) permission to join and wrestle with the Marauder Wrestling

Team for the 2015/16 season.

**Please be advised that wrestling is a contact sport that is inherently rough; injuries are rare, but bumps and scrapes are expected.**

My child \_\_\_\_\_ will be able to practice on Monday and Wednesday. I understand I am responsible to provide transportation home from all practices.

Student Weight \_\_\_\_\_ kg

Parent Signature \_\_\_\_\_

Date: \_\_\_\_\_

