

WRESTLER'S CHECKLIST

1. Registration before Friday, November 16, 2018. (remember need physical every 3 years - Seniors)

2. ONLINE REGISTRATION INSTRUCTIONS:

- Go to www.moundsvIEWSschools.org and click on the ParentVUE icon (under "Find it Fast" on the left side of the page).
- Login to your ParentVUE account *

If you do not currently have a ParentVUE account, please contact one of the following for an activation key and instructions. Please include your student's name when making this request. This information will be sent to you via e-mail: cindy.mccallum@moundsvIEWSschools.org or shelbi.eckman@moundsvIEWSschools.org

- Click on "I am a Parent" and enter your user name & password
- Select "FeePay Information" (on the left side of the page)
- Select Student
- Click on FeePay (directly under student's name), then click on Activities.
- Select the Form button for the desired sport/activity. Be sure to answer all questions, check all appropriate boxes and include both electronic signatures the form.
- Submit the form
- "Add to Cart" (this step is mandatory to complete the registration)
- Proceed to "check out" at the top of the page and process your payment **.
- Enter your e-mail address if you would like confirmation sent to you (recommended, but not required).

** Payment is required to complete the registration process. If you qualify for the free/reduced lunch program, the amount due should show as zero when you "check out".

Please note that you must complete the check-out process whether or not a fee is due, or your registration will be incomplete. If you have recently submitted a free/reduced lunch application and a fee is showing, please contact Cindy McCallum in the Activities Office at 651-621-7122 or via e-mail at cindy.mccallum@moundsvIEWSschools.org

3. Every wrestler will receive a free T-shirt and a pair of shorts for practice. **You must be registered by 11/9/18 to guarantee sizes.**
4. Practice Schedule: Monday November 19, 2018 from 3:00 – 5:00 pm
Typical school day practice: 3:30 pm to 5:30 pm
Varsity wrestlers will go some 7:00 am to 8:00 am in addition to afternoon practice
5. Items to bring to practice
 - a. Shorts: Clean everyday
 - b. T-Shirt: Clean everyday
 - c. Towel: Clean everyday
 - d. Antibacterial Soap- in a pump dispenser
 - e. Lock – Take a big locker
 - f. Wrestling Shoes
 - g. Head Gear – They are provided to use but you may want to purchase your own (we have some for sale for \$35)
 - h. Mouth Guards (if you have braces must cover upper and lower) – we have some for sale for \$8
 - i. Tennis Shoes
 - j. Warm work-out clothes (to go outside)

IMPORTANT DATES:

- November 13th 2018: Wrestler Information meeting at 3:30 pm in the cafeteria
- November 19th 2018: **Season Starts (Everyone 3:00-5:00 pm) – We will practice Friday and Saturday of Thanksgiving break.**
Varsity on the mat 9:00 am (Mon and Tues) and also with everyone at 3:00 pm
- November 20th 2018: Team Pictures 5:15 pm —forms will be handed out
- November 21st 2018: Skin Fold Tests 10:00 am
- November 24th 2018: Parent Practice—9:00 am Everyone (Varsity & anyone who wants to - 8:00 am run)
Parents are invited to come and watch practice. Freshman parents are encouraged to attend.
- November 27th 2018: "Parents Meeting" in Auditorium (6:30 pm)—Flyer will be handed out.

*****Both wrestler and a parent must attend.*****

This night we take care of all our paperwork and formalities, including the drug awareness meeting.

**Complete Schedules and packets for parent and wrestlers will be handed out
At the November 27th 2018 "Parents Meeting".**

Dan Engebretson—Head Wrestling Coach
(612) 366-0474—Cell

Daniel.engebretson@moundsvIEWSschools.org

moundsvIEWwrestling.com