

TEAMWORK MAKES THE DREAM WORK!



2018-2019 Green County Mat Rat Wrestling Program

Welcome to the first edition of our Mat Rat Newsletter. We hope you will find this helpful as we venture into the 2018-2019 wrestling season!

Helpful Parent Reminders!

Head Coach:

John Witt 608-235-4178
witt52@tds.net

Administrative:

Heidi Witt 608-558-1055
heidewitt@monroe.k12.wi.us

MHS/MMS Head Coaches:

Tom Witt - MHS
Aaron Hesgard - MMS

YMCA: Amanda Meighan

Mat Rat Website:

<http://www.greencountyymca.org/cms-view-page.php?page=mat-rats>

Emails / REMIND:

You will receive occasional emails and REMIND messages throughout the season with important information!

To sign up for REMIND, text to 81010 the message: @da883c

PRACTICE REMINDERS:

• **ALWAYS** – Park in the back and NO street shoes in practice area—wrestling shoes or socks ONLY.

• **WEAR** t-shirt and gym shorts to practice

• **BRING** own water bottle (with tops that don't leak)

• **CHILD SICK** – keep them home (24 hour rule) *If your child is showing any signs of illness (i.e. runny nose, persistent cough, fever, etc.) please keep them home from practice. This is a long season - let's help to keep everyone as healthy as possible.*

• **WEATHER** - if school is called off because of weather (no school or early release) – there will be **NO** Mat Rat practice

Tournaments:

Trackwrestling.com
(most are on this site)

Monroe Mat Rat Youth Tournament is Sunday, January 20! Please help where you can—set-up/clean-up; concessions; donations

USA Cards:

www.usawmembership.com
(\$40 – good for one year)
*If your child is wrestling in a tournament that is USA Card Required, you **must** have the USA Card with you at the tournament. Some USA tournaments do supply USA cards to purchase at the tournament. If you do this you **must** have the child's actual birth certificate.*

Singlets:

SINGLETS! Must have a \$50 Deposit - check payable to YMCA (will be returned at end of season) to receive a singlet. See Heidi Witt for agreement/rental form.

Team/Individual Picture Day:
Monday, January 14 at 6pm for ALL wrestlers

Apparel Orders:
RBS Activewear

Monthly Calendar:

See attached Calendar for Important Dates and Practice Times for the Month of December!

Has your wrestler outgrown his/her wrestling shoes? Do you have head gear not being used? If so, please consider donating your items to the Mat Rat Wrestling Program. Bring your items to practice so we can find a new home for them. Thank you!



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Mat Rats Youth Wrestling



WRESTLING
with the
CHEESEMAKERS

Monday, December 10

2:30pm - 4:00pm

MHS Wrestling Room (Balcony)

\$10 (includes t-shirt)

Register online or at Park-n-Rec Office

⇒ K - 8th graders will learn wrestling techniques, moves and drills from the High School wrestlers.

⇒ Bring a pair of gym shoes and comfortable clothing.

⇒ Everyone will receive a Champion's Champion t-shirt sponsored by the Breadon Family in memory of their son Gavin.

⇒ Participants will be able to ride a bus from Parkside, Northside, St Victors and Middle School to the High School. Abe Lincoln participants will be able to walk to the High School.

DECEMBER 2018

Mat Rat practices subject to change based on ANY MHS Sports Schedule changes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
** Clothing for season and Mat Rat Tourney						1 WR V @ Janesville Parker Invite WR JV @ Stoughton Invite
2 Mat Rat Parent Mtg 4-5pm MHS Health Room R01 - enter Arch doors Cuba City - Reg by 11/29 via Track - \$15 - USA Card	3 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	4 GB vs Watertown 5:45/7:15pm	5 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	6 Grade 3-8 Practice 5:45-7:15pm	7 WR @ Stoughton 5:45/7pm	8 WR V @ New Glarus Invite WR JV @ Middleton Invite
9 Sugar River Raider Rumble-New Glarus - Reg by 12/7 via Track - \$16 - USA Card Sun Prairie - Reg by 12/8 via Track - \$20 - USA Card	10 Wrestling w/ Cheesemakers 2:30-4pm - Reg Park/Rec \$10 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	11	12 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	13 Grade 3-8 Practice 5:45-7:15pm	14 WR @ Evansville 6/7pm	15 WR V @ Richland Center Invite WR JV @ Jefferson Invite
16	17 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	18 WR @ Watertown 5:45/7pm	19 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	20 Grade 3-8 Practice 5:45-7:15pm	21 WR vs Oregon 5:45/7pm Senior Night—PAC	22
23 NO MAT RAT PRACTICE OVER CHRISTMAS BREAK!	24 - Christmas Day	25 - No School	26 - No School	27 - No School WR leaves for La-Crosse	28 - No School WR Bi-State La-Crosse	29 WR Bi-State LaCrosse Darlington - Reg by 12/28 via Track - \$15 - USA Card
30 NO MAT RAT PRACTICE OVER CHRISTMAS BREAK!	31 - No School					