

IN THE NEWS!!



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:

SINGLET! 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 - see info below

Monthly Calendar:

See attached Calendar for Important Dates and Practice Times for the Month of December and January! **EACH DAY MAY HAVE A DIFFERENT PRACTICE TIME!! PLEASE CHECK CAREFULLY!**

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!

GET YOUR MAT RAT WRESTLING GEAR NOW!

TO ORDER: GO TO OUR WEBSITE: WWW.RBSACTIVEWEAR.COM, CLICK THE ONLINE STORE ICON, & CHOOSE YOUR STORE

50/50 T-SHIRT \$12.00	HOODED SWEATSHIRT \$29.00	GRADIENT TEE \$28.00
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MORE ITEMS ARE AVAILABLE ONLINE!

ORDERS MUST BE PLACED BY MONDAY, DECEMBER 17TH

RBS ACTIVEWEAR



December 10, 2018

IN THE NEWS!!

Mat Rats Compete at Sugar River Raider Scramble

Twelve Monroe Mat Rats competed at the Sugar River Raider Scramble on Sunday, December 9. This was a 4-person round robin tournament bracketed out by birth year and weight.



Blaine Fletcher place 1st in the 2012-13 (45-51) bracket. Briggs Hoesly placed 4th in the 2010-11 (50-60) bracket. Beau Hoesly placed 3rd in the 2010-11 (63-71) bracket. Brody Eberle placed 3rd in the 2010-11 (70-73) bracket. Patrick Harms placed 2nd in the 2010-11 (75-85) bracket. Noah Schuh placed 3rd in the 2008-09 (57-60) bracket. Gage Jelle placed 3rd in the 2008-09 (58-65) bracket. Eli Salzwedel placed 2nd in the 2008-09 (65-71) bracket. Wyatt Weckerly placed 4th in the 2008-09 (78-86) bracket. Cole Meighan placed 3rd in the 2006-07 (77-82) bracket. Carson Menehan placed 2nd in the 2006-07 (84-87) bracket. Payton Weckerly placed 4th in the 2006-07 (92-101) bracket.

Congratulations to all the Mat Rats—Great Job!



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 Fort Atkinson - Reg by 12/13 via Track - \$20 - USA Card
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 Team leaves for Bi-State LaCrosse	28 - No School WR Bi-State LaCrosse	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					

JANUARY 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 - No School No Mat Rat Practice	2 - No School K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	3 Grade 3-8 Practice 5:45-7:15pm	4 WR @ Milton 5:45/7pm	5 WR JV @ Middleton Invite Oregon - Reg by 1/4 via Track - \$15 - USA Card
6 Waunkee K-6 Challenge - Reg by 1/6 via Track - \$20 - USA Card	7 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	8 Grade 3-8 Practice 5:45-7:15pm	9 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	10 BB vs Milton 5:45/7:15pm	11 WR vs MG/McFarland 5:45/7pm Parent's Night	12 WR V @ Belmont Invite
13 Belmont/Platteville	14 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm *Team Pictures & Weigh-Ins - 6pm*	15 Grade 3-8 Practice 5:45-7:15pm	16 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	17	18	19 WR Monroe VAR Invite 9:30am River Valley - Reg by 1/18 via Track - \$15 - USA Card
20 Mat Rat Invite Reedsburg	21 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	22 GBB vs Fort Atkinson 5:45/7:15pm WR JV @ Fort Atkinson Invite 5pm NO MAT RAT PRACTICE	23 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	24 BB vs Fort Atkinson 5:45/7:15pm	25	26 WR JV @ Beloit Memorial Multi-Dual Baraboo
27 Evansville	28 K-2 Practice 5-6pm Grade 3-8 Practice 6-7:30pm	29 Grade 3-8 Practice 5:45-7:15pm	30 K-2 Practice 5:30-6:30pm Grade 3-8 Practice 6:30-8pm	31 GBB vs Stoughton 5:45/7:15pm		