

# **LCMS Wrestling**

## **Winter 2022//2023**

Coach: Vince Cicotte (vcicotte@lc.k12.wa.us)

Assistant Coach: Todd Lenning, Sam Smith, Tarquin Heart-Broker

**First Practice:** Monday 2/6/2023  
**Practice Times:** 2:40-5:00 M-Fri. No Friday-practices after first match  
**Place:** La Conner Elementary Gym  
**Eligible:** LCMS boys and girls grades 6-8

### **Goals:**

- Have fun
- Improve wrestling skills
- Improve understanding of strategies
- Improve and maintain fitness
- Work hard
- Win

### **Required Paperwork on FinalForms:**

- **\*\*\*Current sports physical---To be uploaded onto FinalForms\*\*\***
- All other Final Forms documents (Student Information/Risk/Etc.)
- Before Competition: Fees paid: 1- ASB card 2- Sports fee for wrestling

### **Gear Needed:**

- Wrestling shoes (Amazon, Dick's Sporting Goods, Big 5) ½ size bigger is best.
- Tee-shirt
- Shorts or sweats (no zippers or rivets, no jeans)
- Mouth guard if you have braces

### **Expectations:**

- Be positive.
- Follow directions.
- Ask questions.
- Focus on coaches.
- Make all practices unless excused by parents and coaches.
- Show respect appropriate behavior and respect for others while in school and at practice.
- **Students who repeatedly behave inappropriately at school or at practice will not travel or compete in matches.**

**Communication:** Will be done primarily through the "Remind" texting app.

- Get this link or find it on Mr. Cicotte's school webpage under his Wrestling.  
<https://www.remind.com/join/de7d9kh>
- Or text @de7d9kh to the number 81010 to be added
- School email works as well: vcicotte@lc.k12.wa.us

**Transportation:** Parents who wish to take students home from away-competitions are required to sign their athlete out with the coach before leaving.

**Showers:** Athletes are required to shower with soap, after practice, as soon as possible to reduce the possibility of skin diseases.

# 2023 Schedule

Revised 1/26/23

<b>Warm up 3:45 / Start Time 4:00</b>		
	<b>Date:</b>	<b>CDL</b>
<b>Wed.</b>	<b>February 22</b>	H - Cascade
<b>Wed.</b>	<b>March 1</b>	A - Burlington
<b>Mon.</b>	<b>March 6</b>	A - LaBaker
<b>Th.</b>	<b>March 9</b>	BYE
<b>Mon.</b>	<b>March 13</b>	A - Stanwood U
<b>Th.</b>	<b>March 16</b>	H - North Whidbey
<b>Wed.</b>	<b>March 22</b>	H - Anacortes
<b>Sat.</b>	<b>March 25</b>	Finals - Cascade