

We are a small organization with approximately 80 wrestlers; therefore, everyone must contribute to ensure a successful and fun filled season for our children. There will be a volunteer/singlet deposit in the form of a \$75 undated check to be returned if the family volunteers for the minimum amount of time required per family and the singlet is returned at the end of the season. The amount of volunteer time required is dependent on the total number of wrestlers. Volunteer time may include moving and setting up mats, concession help, and table help at home matches or tournaments, and there are various other activities requiring volunteers. All families will be required to participate in the volunteer program and return their singlet or donate their \$75 deposit. Wrestling requires a lot of volunteer help in order to make each event and the season successful. The parents did a GREAT job in 2009 and I expect no less this year. There will be a volunteer schedule made out before the season starts, and we try and accommodate everyone's request.

In addition to the normal LUYAA registration fee you will be required to purchase wrestling shoes (\$30+) and headgear (\$20+) from a sporting goods store of your choice. We have a lot of used shoes and headgear in the shoe bank you are welcome to.

We will be holding a **parent only** meeting in early November to welcome you, introduce you to the coaching staff, explain the volunteer program, share our wrestling philosophy and provide any other information that you may require. Our regular season matches are scheduled on Saturday's but may change to some Sunday's because of unforeseen events (i.e. weather, scheduling conflicts with the High Schools etc.) On days of a match be prepared to spend up to 6 hours with your child and the wrestling family. Home matches require setting up and taking down of mats and equipment, table help, concession help, and clean up, and away matches require travel time (up to an hour each way) plus the 3 to 4 hours of wrestling time. All wrestlers will wrestle.

Our wrestling practices will start the week of November 16th. We will practice 2 or 3 times per week, between Monday and Thursday evenings, 2 hours per night. Some of the youngest wrestlers will only practice 2 times per week typically at Oakdale High School, Urbana High School, or Gold's Gym wrestling rooms. I will hand out a practice schedule when I know the dates we can get in the High Schools. Depending on the size of the team, it will be necessary to split into three or four squads. This will allow for more individualized attention as well as for the safety of the wrestlers (the wrestling rooms are relatively small).

What I had hoped to accomplish with this letter is to make sure everyone is informed of what to expect from our program and what our program expects from you. Please do not hesitate to call me if you have any questions (Cell: 703-898-2346).

Thank You,
Doug Makosy
Wrestling Commissioner