

# The Renfrew Wrestler

Volume 1, Issue 1 - Oct 2013

RAWC

## RAWC Club Head Coaches Comments

For the Season 2013-14 Grant Lavallee will be your Club Head Coach. Your Board of Directors has assigned the Senior Team Head Coach's duties to Harry Smith and the Mat Rat/Team Renfrew Team Head Coach's duties to Larry Hanniman. Please welcome these two team Head coaches and the numerous other assistant coaches and managers who will work to their best ability with your youth. Should you have any questions or concerns during the season we urge you to deal with these immediately and directly by firstly going to the Team Head coach. If not satisfied please contact me at home at 613-433-3138.

This season we will do our best to keep you informed on a regular basis. We will attempt to produce a newsletter such as this one on a regular basis so that you can keep track of our Mat Rat and Senior team. We will continue to print this newsletter but will also mass email these to you and place on our RAWC Facebook page and Web site [www.rawc.renfrew.on.ca](http://www.rawc.renfrew.on.ca) Please view these regularly so that you can take part in as many events as possible.

A team schedule will be available shortly once the Ontario Amateur Wrestling Association (OAWA) finalizes tournaments. In addition our club organizes many special events and we want to keep you informed.

Our club operates an in club banking system that allows you to take advantage of events that raise funds and bank your portion into your youths RAWC bank. One hour of taking part in the fund raiser = one hour of funds. These funds can be used for wrestling equipment, transportation, registration and accommodation at events.

Your \$85.00 registration fee gives you the following:

- \$20 banquet ticket in May 2014,
- registration to all local wrestling tournaments,
- OAWA registration (\$55.00) allowing participation in all our tournaments, provides medical insurance, and other material.
- Funds have been routinely set aside to assist our

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## Senior Team Head Coaches Comments

Welcome to the 2013-2014 wrestling season, your coaches for this season will be Grant Lavallee, Shohannah Smith, Jasmine Scobie, we also have Kevin Mayhew coming up from Arnprior W.C. and of course myself, our manager will be Virginia MacLaren. Additional coaches may be added throughout the season.

Everyone is to show up 15 mins before practice to set up mats and change into their wrestling gear, Occasionally I will need help washing down the mats. This is done about every two weeks unless there is a ringworm out-break in which case we wash the mats every week or more.

As with past years the 1<sup>st</sup> year bantams will be joining us at the senior team level until the Mat Rat team starts up October 17<sup>th</sup> after which the 1<sup>st</sup> year bantams need to do at least one practice a week with the Mat Rats until our first tournament November 9<sup>th</sup> in Sudbury. After this the 1<sup>st</sup> year bantams will be back full time to Mat Rats.

This year all wrestlers will be responsible for their own attendance. When you show up for practice you sign and weigh-in. This way the manager is not responsible for missed attendance. If you miss checking off your attendance you know who to blame. YOU!

We are looking forward to a very successful season and expect everyone to work hard.

Very shortly there will be a parent/wrestler team meeting to go over criteria that needs to be met to attend nationals and many other important items. Please make sure that at least one parent/guardian attends.

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