CARSON GRAHAM SECONDARY SCHOOL

Carson Campus *2145 Jones Avenue, North Vancouver, B.C., V7M 2W7, 604-903-3555*
Balmoral Campus *3365 Mahon Avenue, North Vancouver, B.C, V7N 3T7, 604-903-3400*
IBO World School ***www.carsongraham.ca***

ATHLETIC CONSENT FORM FOR WRESTLING

COACHES, SPONSORS(S) AND CHAPERONE(S): ***Emergency Contacts:***

Name	M/F	Position	Phone Number(s)	e-mail address
Ian McDonald	*M*	*Head Coach*	*604-903-3400*	*imcdonald@nvsd44.bc.ca*
Cam Thorpe	*M*	*Ass't Coach*	*778-230-6394*	*cgt2@sfu.ca*
Darren Wong	*M*	*Ass't Coach*	*604-992-7535*	*djw11@sfu.ca*
Tom Larisch	*M*	*Ass't Coach*	*604-903-3400*	*tlarisch@nvsd44.bc.ca*
Walter Taylor	*M*	*Ass't Coach*	*604-988-0987*	*waltertaylor@shaw.ca*

Athletic Fee: There is a **one time $20** Athletic fee that is added to the team fee for any student who wishes to participate at the school. This fee is paid only once.

Team Fee: The player fee for participating on this team is ***$100.*** Please add **$20 athletic fee *($120.00 total) if this is his/her first sport this school year.***
We are now using an on-line registration system where you can pay with Visa, MasterCard or Interact.
This fee includes uniform loan, registration fees, referee costs, one-way local transportation to games and team equipment costs. If the uniform is lost or not handed in, an additional $50 fee will be invoiced to the wrestler.

Parent Meeting: A parent meeting is set for Monday, November 21, 5 p.m. in the Balmoral campus School Library in order to set the parameters for the season and to answer any questions.

Schedules: A weekly practice and game schedule can be found on our school's websites under **ATHLETICS**. A hard copy will also be provided to the team.

Registration, Medical Form, Consent, Payment:
We are now using an on-line system. Please go the school's website for the link in the ATHLETICS section.
www.carsongraham.ca
PLEASE ENSURE YOU READ THE FOLLOWING DOCUMENTS ON OUR WEBSITE BEFORE REGISTERING YOUR SON ON-LINE.
1-Carson Wrestling Athletic Consent Form (This Form)
2-Carson Athletic Standards document
3-Carson Parent Code of Conduct document
4-General Liability Waiver Form from School District #44 (FYI)

By registering my son or daughter, I confirm that I have read and understand all of the forms listed above for Carson Graham's Wrestling program.

CARSON GRAHAM WRESTLING PROGRAM

TO: Carson wrestlers

AND: Their parents

Welcome to the 2011-12 Carson Graham wrestling season. The Carson Graham program is one of the most successful high school wrestling programs in the province. The purpose of this memo is to present a brief overview of the program for the 2011-12 season, and in particular to provide some basic information to the parents of the grade eight students who are new to the program.

Coaching staff

Mr. Ian McDonald – will be the Head Coach of the wrestlers based at the Balmoral campus of Carson Graham working primarily with the Grade 8-10 students. As the season progresses (particularly in February) he will spend more time with the senior and elite wrestlers. Mr. McDonald wrestled competitively with the powerful SFU university team, was the university's assistant coach for three years, and has also coached at the high school level for over 25 years. Mr. McDonald has coached numerous North Shore, British Columbia and Canadian wrestling champions.

Mr. Walter Taylor - will be the Head Coach of the Senior Team at the Carson campus and will be primarily working with the older wrestlers. He will work concurrently with Mr. Tom Larisch in coordinating the Senior program at the south campus. Mr. Taylor is the founder of The Educated Wrestling Society.

Mr. Tom Larisch – will be working at both campuses with both teams depending on his work schedule at either school. Mr. Larisch was an excellent high school wrestler in his own right, and has been instrumental in working with many of Carson's top-flight athletes over the years in both Rugby (his main sport) but also Wrestling.

Mr. Cam Thorpe – will be one of Mr. McDonald's Assistant coaches at the Balmoral campus. He is the founder of the Mat Rats and Mat Mice programs for our elementary school participants.

Mr. Darren Wong – will be another Assistant coach at the Balmoral campus with Mr. Thorpe. Mr. Wong also works extensively with the Mat Rats and Mat Mice.

Other guest coaches will also be making appearances at Carson from time to time, in particular Mr. Mo Asgari (the Capilano Wrestling Club Head Coach), Mr. Rob Smyth, Mr. Patrick McDonald, and Mr. Michael McDonald.

Email Communication

The Carson coaching staff will endeavor to communicate with parents by way of email. As a convenience to the coaches, parents are asked to send a short email to the three main coaches at imcdonald@nvsd44.bc.ca, waltertaylor@shaw.ca, and tlarisch@nvsd44.bc.ca. This will enable the coaches to compile a directory of email addresses and will facilitate communication with parents. The email should provide home and cellular phone numbers.

Practice days

As a general rule practices will be held five days per week, though Friday practices will be optional for Grade 8's. There will be some days when practices are cancelled. Not all students

will be able to attend all practices. The older students are encouraged to attend most practices while the grade eight students should try to attend at least three practices per week. If our numbers become unwieldy, we will have Grade 8's practice at a different time from the 9's and 10's at the start of the season. Please stay tuned to the Carson website as to any developments in this regard.

Some of the older students will be engaged in additional "cardio" or strength training sessions on their own time. Parents should feel free to contact any of the three main coaches if they wish to discuss this further. This is certainly not mandatory, and the wrestling practices will be sufficient for most students.

Remember that although raw talent is always nice to have, hard work and dedication are the keys to success both in sporting activities and in life.

Wrestling normally starts the first week of November and ends with the B.C. high School Championships in the last week of February. For those with greater aspirations, the National Cadet/Juvenile Championships are usually held in the first week of April.

Competitions

Wrestling is the toughest high school sport offered, and it is easy for students to get discouraged in competition. The general rule is that beginners get trounced!! All wrestling coaches recognize this, and the focus on beginners is skill development, not mat victories. Notwithstanding the sense that we may be feeding our beginner wrestlers "to the lions", we still encourage all students to participate in competitions. Competitions hone the skills, teach valuable life lessons, and develop a sense of comradeship amongst the athletes, both within Carson and the wrestling community at large. As happens every year, the Carson wrestlers will meet and form friendships and associations with wrestlers from all over the province.

In competitions wrestlers are grouped by weight, with the understanding that students will compete with other students who are roughly the same weight (note that in practice we will allow wrestlers to spar within a larger band of weights, but attention is obviously given to size discrepancies).

Fortunately, many wrestling competitions are held based on ages as well as weights. Some tournaments, especially at the beginning of the season, are specifically for Grade 8's. Most of our Grade 9 and 10 students will qualify for the "cadet" category, which is common in larger tournaments. Some of our better students will voluntarily move up to an older age bracket and a higher weight class just to get better competition.

Wrestling calendar of events

There are numerous North Shore and provincial tournaments throughout the year. Students may attend activities at Simon Fraser University, Abbotsford, Kamloops or Port Alberni, and there will be numerous minor competitions on the North Shore. We will be advising students and parents of the planned activities in due course. Parents are always welcome to attend these events (note that parents are also welcome to view practices in the Balmoral Campus wrestling room under the bleachers, or in the small gym at the Senior School).

As a general rule we will arrange one-way transportation to the various events that are held on the North Shore, and the parents will be expected to arrange for the transportation home.

Inherent risk of injury

There are inherent risks in most high school sports, including wrestling. Although the frequency of injury appears to be less in wrestling than in other contact sports (where impacts occur at speed) like skiing, hockey, rugby and football, all parents and students must accept the inherent risks of the sport.

The school board has a policy of requiring specific disclosures and parental consent forms to be prepared in advance of all overnight activities, and these will be supplied before students attend their first competition.

Costs

The cost to wrestle at Balmoral this year is $100. This includes one-way transportation to away meets on the North Shore, the costs of referees, and a uniform and mat replacement fee**.** . All meets off the North Shore will incur additional costs, such as an Entry Fee. If your son/daughter has not already played a Fall Sport, please add $20 (**for a total of $120**) for the School Athletic Fee.

Gear

Normal PE gear may be worn to wrestling practices. Students should not wear shirts with buttons or shorts with belt buckles, and all jewelry should be removed before practices. All student should keep their nails clipped short.

Students should all have wrestling boots and Mr. McDonald will try and arrange to get discount prices. Headgear is advisable as it will prevent "cauliflower ear", which is rare in high school, but can occur if students wrestle a lot. Neoprene kneepads are also advisable, as they will prevent the odd mat burn. Some wrestlers use only one (typically on the right knee), and others use one on each knee.

News item: Time Out Source for Sports (235 Mountain Highway), Sport Swap (2021 Old Dollarton Rd.), and Footlocker (Park Royal North) all sell wrestling boots, which participating wrestlers need to have.

For any questions regarding the above information, please do not hesitate to contact Ian McDonald via E-Mail at imcdonald@nvsd44.bc.ca, Mr. Walter Taylor at waltertaylor@shaw.ca or Mr. Tom Larisch at tlarisch@nvsd44.bc.ca.

Thank you.