



ALBERNI ELEMENTARY WRESTLING NEWSLETTER



FALL 2023

Dear Parents:

Your child has expressed interest in wrestling at their school. The purpose of this newsletter is to give you some background on our program and how it is organized. For many schools the Elementary Wrestling Season will begin on Tuesday September 19.

Wrestling is a sport that is inclusive. We are inviting boys and girls to participate in the elementary after school program and use this opportunity to develop their skills further. It is a sport for boys and girls of all shapes and sizes. Coaches will organize practices and matches so that students are participating with students of similar skill level and size. Our goal is to make sure the experience is safe, fun, and rewarding for everyone involved.

At this time we are inviting students in Grades 4 to 7 to attend our practices.

Alberni school practices will be coached and conducted by Mme. Maureen, and Alberni Valley Wrestling Club Coaches. Practices will take place Tuesdays and Thursdays 2:30 – 4:00. We understand it is difficult for students to make all practices. We still want to have your child participate even if they have to miss a few practices. As coaches we strive to end practices on time, we allot a certain amount of time for students to assist in rolling up mats and doing a quick check in/team building discussion at the end of practice. We will dismiss from the small gym/front of the school. Please do not make a habit of picking your child up from the gym before they help roll up the wrestling mats.

Elementary Season Schedule – Timeline Subject to Change

Sept. 19 – Practice 2:30 – 4:00	Oct. 17 – Practice 2:30 – 4:00
Sept. 21 – Practice 2:30 – 4:00	Oct. 19 – Interschool Play Day Location TBD
Sept. 26 – Practice 2:30 – 4:00	Oct. 24 – Practice 2:30 – 4:00
Sept. 28 – Practice 2:30 – 4:00	Oct. 26 – No Practice Learning Conferences
Oct. 3 – Practice 2:30 – 4:00	Oct. 31 – No Practice Halloween
Oct. 5 – Practice 2:30 – 4:00	Nov. 2 – Practice 2:30 – 4:00
Oct. 10 – Practice 2:30 – 4:00	Nov. 3 - Tentative Date District Tournament at ADSS
Oct. 12 – Interschool Play Day Location TBD	

Thanks to funding from the Provincial Government's After School Sports and Arts Initiative, schools, our sponsors and the fundraising efforts of the Alberni Valley Wrestling Club there is no cost for the Elementary Program. We hope to provide a wrestling team t-shirt to all our participants who are dedicated to attending practices.

If you have any questions please feel free to contact us at the school 250-724 - 0623 or by email at mmiller@sd70.bc.ca Attached to this letter you will find a consent form we would like returned to the school.

Sincerely,

Maureen Miller
Coach/Teacher

Bob and Wendy Brown
Parents/AVWC Coaches

ACKNOWLEDGEMENT OF RISK IN WRESTLING

Throughout the year Pacific Rim School District students are invited to join sports teams. Our District and School Staff recognize the value of these sports teams for the educational, athletic and experiential benefits they provide to students. There is also an understanding that the safety of all participants should always be the primary concern.

While attempting to minimize the risk of injury in each sport, SD70 also feels it is important to inform parents of the nature and frequency of injuries that students may sustain while participating in specific sports. It must also be recognized that the nature and extent of injuries is also dependant on the behavior and actions of the individual player. **We encourage parents if they feel the need to call the coaches of the respective sport or the school administrator to discuss risks and injuries and measures taken to alleviate or reduce them.**

The Grade 4 to 7 wrestling practices and play days are organized by the Alberni Valley Elementary Sports Council. Activities are guided by rules and safety guidelines established by Provincial and National Wrestling Associations.

In wrestling, as it is a contact sport, there is a fairly frequent risk of low-grade bumps, bruises, scrapes, abrasions, minor cuts and minor sprains. These injuries require only basic first aid, which typically heal with no long-term problems. Participants typically continue participating in the activity. Many other sports at the school, including those not necessarily deemed contact e.g. basketball, soccer, also carry similar or greater risks in these areas.

There is also an occasional risk of low grade concussions, more major bump, bruises, scrapes, abrasions, cuts and sprains, and on occasions a small risk of broken small bones and shoulder dislocations from contact. Injuries of these magnitudes may require more than basic first aid, possibly including a visit to the hospital.

There is also a very small risk, of more severe concussions, eye injuries, long bone fractures and spinal cord injuries, though the latter has never occurred in the schools' history and is a very rare occurrence in the sport at all. Obviously, these types of injuries require immediate additional medical care at the infirmary or hospital.

To further lessen the risks, the coaches have experience with wrestling, most of them are first aid trained and some are qualified as referees. Between us, we have a very thorough knowledge and understanding of all elements of the sport. We are very careful to ensure that we coach correct techniques and stress safety. Through doing so, we believe that we reduce the risk to as low a level as possible without completely eliminating it, as wrestling is a contact sport.

Coaches will organize practices, play days and tournaments so that students are participating with students of similar skill level and size. Our goal is to make sure the experience is safe, fun, and rewarding for everyone involved. I thank you in advance for your commitment, effort, support, and enthusiasm towards the Elementary School Wrestling Program.

Should you have concerns or comments, please do not hesitate to contact me via email jmessenger@sd70.bc.ca or by phone 250-720-2783.

Sincerely,

James Messenger
Director of Instruction & Elementary Wrestling Coordinator
(on behalf of the Elementary Wrestling Coaches)

WRESTLING CONSENT FORM

This program receives financial support from the BC Government's After School Sports Initiative.

Surname Given Name Date

Male Female X Date of Birth (mm/dd/yyyy): _____

School: _____ Grade: _____

Home Address/City/Province/Postal code

() _____ () _____
Home Telephone Business Telephone

Parent's Name(s) _____

Parent's Email _____

CareCard Number . _____ Doctor _____

Emergency Contact: _____

Relationship: _____ Phone: _____

Is participant of aboriginal ancestry? YES / NO

Allergies or Medical Conditions

Medications

Please Circle TShirt Size: Youth Small / Youth Medium / Youth Large / Youth Extra Large
Adult Small / Adult Medium / Adult Large / Adult Extra Large

Please Fill Out and Sign Consent Form On Reverse



The purpose of this form is to certify that parents are aware of the risks involved in this activity, acknowledge those risks and consent to the participation of their child in the activity (Pacific Rim School District After School Wrestling Program).

PLEASE USE PEN TO FILL IN THIS FORM

Student Name: _____

RISK ACKNOWLEDGEMENT AND CONSENT FOR PROGRAM PARTICIPATION

The undersigned, as the parent(s) or guardian(s) of the student, having reviewed with the student the material provided by SD70 on the activity, hereby:

- a) Consent to the student participating in the activity.
b) Recognize and understand the inherent risks associated with the activity including but not limited to the hazards of vehicle travel, water travel, accident/illness in places without nearby medical facilities, weather and other circumstances beyond the control of SD70 employees, related parties and agents.
c) Authorize the activity leaders to consent to medical treatment for the student by any qualified medical practitioner as may be necessary in the event of an emergency.
d) To the best of my knowledge my son/daughter does not have any medical conditions that would prevent them from participating in any activities.
e) I give permission for my son/daughter to be transported to and from activities off school grounds.
f) Understand the specific risks associated with the Wrestling including but not limited to inherent risks associated with the activity of wrestling, and including but not limited to the hazards of vehicle travel, water travel, accident/illness. Consequences of these risks may result in physical or emotional injury, paralysis, drowning, death or damage to property or third parties.

Signature of Parent/Guardian: _____ Date: _____

CONSENT FOR PHOTO RELEASE:

I give permission for the image/photo of my son/daughter, _____, to be used to promote Pacific Rim School District – After School Sports Program and its partners (example: brochures, photo displays, posters, websites, etc.).

Signature of Parent/Guardian: _____ Date: _____