



ALBERNI ELEMENTARY WRESTLING NEWSLETTER FALL 2026



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. The Alberni Elementary Wrestling Season will begin on **Tuesday September 29th 2026.**

Wrestling is a sport that is inclusive. We are inviting all genders to participate in the elementary after school program and use this opportunity to develop their skills further. It is a sport for people 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 Madame Maureen Miller, Mrs. Bauer and Alberni Valley Wrestling Club Coaches. **Practices will take place Tuesdays and Thursdays 2:45 – 4:00pm in the school gym. Students will have time to change into practice clothes and have a snack while they wait for coaches.**

Students should bring a water bottle and wear PE strip, a t-shirt, shorts or sweat pants and clean runners or clean socks to every practice. No bare feet!

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. We do want them to attend and participate consistently so they build their skills, fitness level and avoid injury.

Elementary Season Schedule – Timeline Subject to Change

Sept. 29 – Practice 2:45 – 4:00pm	Oct. 27 th –Practice 2:45 – 4:00pm
Oct. 1 st –Practice 2:45–4:00pm	Oct 29 th –No Practice due to learning conferences
Oct. 6 th – Practice 2:45 – 4:00pm	Nov 3 rd –Practice 2:45–4:00pm
Oct. 8 th – Practice 2:45 – 4:00pm	Nov 5 th – Practice 2:45–4:00pm
Oct. 13 th – Practice 2:45 – 4:00pm	Nov 6 th –End of season jamboree at ADSS. Time TBD
Oct. 15 th – Practice 2:45 – 4:00pm	(more information to follow)
Oct. 20 th – Practice 2:45 – 4:00pm	
Oct. 22 nd – Tentative Interscholar Play Day 3-5 (more information to follow)	

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 Madame Maureen at the school or via 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, Cheryl Bauer and 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 dependent 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 Pacific Rim Elementary Sports Council. Activities are guided by rules and safety guidelines established by Provincial and National Wrestling Associations.

Common, Minor Injuries

- Small bumps, bruises, scrapes, or sprains may occur.
- These are generally treated with basic first aid and rarely prevent continued participation.

Occasional, Moderate Injuries

- More significant sprains, concussions, or dislocations can occasionally occur.
- These may require medical attention and temporary rest from activity.

Rare, Severe Injuries

- As with many sports, there is a very small risk of more serious injuries such as fractures, head or spinal cord injuries.
- These are extremely uncommon in our program and safety guidelines are in place to minimize the likelihood.

Skin Infections

As wrestling involves direct contact and shared equipment, there is a risk of skin infections:

- Mat-Borne Illnesses: Risk of infections like ringworm, staph, or MRSA, especially if proper hygiene isn't maintained.
- Cuts and Abrasions: These can lead to infections if not treated properly.

Safety Measures in Place

- Coaches are experienced, many are trained in first aid, and some are certified referees.
- Students are grouped by size and skill level to ensure fair and safe participation.
- All activities follow Provincial and National Wrestling safety standards.
- Proper technique and respect for safety rules are emphasized at every practice.
- Mats are regularly washed and disinfected

We believe these measures reduce risks to a very low level, while still allowing students to enjoy the many benefits of wrestling: physical confidence, resilience, and teamwork.

Should you have concerns or comments, please do not hesitate to contact me via email jmcdonald@sd70.bc.ca or by phone to ADSS.

Sincerely,

John McDonald
ADSS Counsellor and President of the AVWC
(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 _____

() _____
Best Parent Telephone number to reach an adult at during practice time

Parent's Name(s) _____

Parent's Email _____

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 the risks involved in this activity, risks and consent to the participation of activity (Pacific Rim School District After School Wrestling Program).



parents are aware of acknowledge those their child in the

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 child does not have any medical conditions that would prevent them from participating in any activities.
- e) I give permission for my child to be transported to and from activities off school grounds.
- f) Parent Responsibility for Pickup: While the program does not have strict sign-in/sign-out procedures, parents/guardians are responsible for ensuring their child is dropped off safely and picked up promptly after practices or events. Students must remain in the gym until picked up by a safe adult or may leave to walk home only with prior parental/guardian permission.
- g) Understand the specific risks associated with the Wrestling including but not limited to inherent risks associated with 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 child, _____, 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: _____