

## **Wrestling General Information**

### **Requirements to Try-out**

- All students must have a completed physical form turned in prior to the start of tryouts. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: [sportsmedicine@vcs.net](mailto:sportsmedicine@vcs.net)

### **Practice**

- Wrestling is a non-cut sport, so all participants are accepted on the team. Practice begins on the first day listed for the start of the season at [www.gowarriors.net](http://www.gowarriors.net) in the Junior High section.

### **Season info**

- General season timeframe is 8-9 weeks starting in October. and end early December.
- Commitment level for practices will be Monday thru Thursday from 3:15-4:30. Match times are typically 4:00pm and last until 5:30/6:00pm. There is no commitment over the weekends and over Thanksgiving break.
- If your child is chosen for the team, there will be an athletic fee that is billed at the end of the season for \$75.00. This fee is billed directly to the parent portal in your account. The team will also be purchasing their own singlet to keep and this cost will be \$70.00 per athlete. This will also be billed directly to your account. If your child has their singlet from a previous season at VCJH, they are welcome to continue to use that as their uniform.
- In addition to the singlet, there will also be some other items your child will need like wrestling shoes, head gear etc... This info will be provided by our wrestling coach during the first couple weeks of the season
- Coaches info: Please contact Mr. Gill at [agill@vcs.net](mailto:agill@vcs.net) if you need contact information for our current set of coaches.

### **Physical Form**

[https://www.vcs.net/uploaded/athletics/Athletics\\_Physical\\_Form.pdf](https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf)