

Train Right -Fight Right- Live Right

# Sprague Wrestling 21-22

Head Coach Mike Ritchey

[https://www.youtube.com/results?search\\_query=Dave+Schultz+slyfox](https://www.youtube.com/results?search_query=Dave+Schultz+slyfox)





# Travel - Bus or Van - Riding Home

School District Policies:

**Clinton Gertenrich** - Athletic and Activities Director

**Amy West - Kimo Mahi**- Certified Athletic Trainers and Faculty

[Training room link - Athletics page](#)

*As you think, so you are!!!*

# Practice - Be there- Be ready - Be on time - Be Clean

3:45 School Days - **4B's**

Weekly Schedules - Parents Email - Sunday Email

Water

Wrestling Shoes Big 5 or Dick's or Amazon - Outgrown bin

Headgear - Cliff Keen 4 strap - [Signature](#)

Clean Work out clothes

Clean Athlete - Hair, nails, skin



## Staff and Coaches

[Sprague Wrestling website](#)



Flowrestling - Reno Tournament of Champions

Youtube videos- Rules of Scholastic Wrestling

OSAA ticketing - virtual tickets

*You are your own best teacher*

# Travel Volunteers

Organizers - “Social Directors”

Seating sections - post travel meals - hotels for events

Fuel Team - Onsite post weigh ins and tournament nutrition aka Fuel and hydration

Gatorade /Sports drinks/ Sporchata/ water - Hydration and **caffeinated** drinks

Rice milk and mineral salts - Real or himalayan “pink” -1 pinch to taste

**It takes a village to raise a child**





# Fundraising - the “X” factor

EXcellence

EXtras

EXcitement

EXpectations



DAY 1 BLACK SUBLIMATED SINGLET  
(OPTIONAL)



SUBLIMATED FIGHT SHORTS  
(REQUIRED)

[Wrestling - Salem](#)

# Goals and Goal Setting 101

1 percent a day - 100 days - day 98 - this meeting is my 1%

Goal Setting packet

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