



PACIFIC RIM (SD70) GR. 6/7 WRESTLING NEWSLETTER SPRING 2022



Dear Parents:

Your child has expressed interest in participating in a school wrestling program this Spring. We are excited to be able to offer this program to Grade 6/7 students from SD70 Schools and, with approval, students from independent schools belonging to our Elementary Sports Council (JPPI, HHP, & EGC). It is important to note this is a school sponsored activity and participation is subject to school approval.

We intend to offer a full-scale wrestling program at each school in the Fall for students in Grade 4 to 7. At this time, we can only offer this development opportunity for students in Grade 6 or 7.

Wrestling is a sport that is inclusive. It is a sport for all people regardless of gender, shape or size. Coaches will organize activities 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.

Practices will be held in the upper gym at **Tsuma-as Elementary School on Tuesdays and Thursdays 6:30pm to 7:45pm**. Our first practice will be **Thursday April 7th** and we have tentatively scheduled May 12th as our last session. Coaches are exploring a possible out of town wrap up event for interested participants. The timing of this activity may impact the wrap-up date.

Space in the program is limited so parents should complete the [online registration form](#) as soon as possible. There are capacity limits and completing the online form does not guarantee a spot We will contact registrants if we reach capacity.

The program will be led by Maureen Miller (Alberni Elementary Teacher and Coach) and Travis Cross (Coach and 2008 Olympian). Maureen and Travis will be assisted by other school wrestling coaches and members of the ADSS School Wrestling Team.

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.

Who:	Grade 6/7 students from SD70 and, with approval, students from (JPPI, HHP, & EGC) All people regardless of gender, shape or size.
Cost:	Free
Dates:	Tuesday and Thursdays April 7 – May 12 (subject to change)
Time:	6:30pm – 7:45pm
Place:	Upper Gymnasium at Tsuma-as Elementary (at the back of the school up the stairs)
Clothing:	Gym strip (t-shirt, shorts or sweat pants and clean runners or clean socks). No bare feet! Bring a water bottle as well.
Other:	Must fill out online registration form and bring a signed copy of the attached consent form and risk acknowledgement to the child’s first practice. Signed forms can also be scanned and emailed to jmessenger@sd70.bc.ca
Dropoff/ Pickup	Room capacity is limited. As a result, we are asking parents to dropoff/pickup at the door and only enter the upper gym if it is necessary to relay information to coaches. We hope to arrange parent watch times at a later date.

If you have any questions you can contact me by email at jmessenger@sd70.bc.ca or phone at 250-720-2783.

Sincerely,

James Messenger -Director of Instruction / Elementary Wrestling Coordinator

ACKNOWLEDGEMENT OF RISK IN WRESTLING

Throughout the year SD70 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, you can contact me by email at jmessenger@sd70.bc.ca or phone at 250-720-2783.

Sincerely,

James Messenger
Director of Instruction / Elementary Wrestling Coordinator

Parent/Guardians must fill out [online registration form](#) and bring a signed copy of the attached consent form and risk acknowledgement to the child's first practice. Signed forms can also be scanned and emailed to jmessenger@sd70.bc.ca The online registration form can also be accessed through this QR Code





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 (SD70 After School Wrestling Program). The form is only to be completed by a parent or legal guardian.

PLEASE USE PEN TO FILL IN THIS FORM.

Student Name: _____ **Parent/Guardian Name:** _____

RISK ACKNOWLEDGEMENT AND CONSENT FOR PROGRAM PARTICIPATION

By completing this form and after reviewing the material provided I hereby:

- a) Consent to my child 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) 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.
- g) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. Elementary Sports Council will adhere to all rules/policies/protocols outlined in the SD70 Communicable Diseases plan as well as guidelines from public health. The Elementary Sports Council understands that these rules/policies/protocols may change. The principal shall work with coordinators and coaches to ensure the correct plan is in place and that works for SD70. The schools and Elementary Sports Council have put in place preventative measures to reduce the spread of COVID-19; however, the school and Elementary Sports Council cannot guarantee that the Participant will not become infected with COVID-19. Instead, preventative measures put in place and adhered to are intended to reduce the risk of contracting COVID 19.

Signature of Parent/Guardian: _____ **Date:** _____

CONSENT FOR PHOTO RELEASE:

I give permission for the image/photo of my child, _____, to be used to promote SD 70 – After School Sports Program and its partners (example: brochures, photo displays, posters, websites, etc.).

Signature of Parent/Guardian: _____ **Date:** _____