2020 LOJ WRESTLING INFO

You must be completely registered by January 8th and must complete ALL of the following steps:

1. **Submit a 2019/2020 LOJ Athletic Clearance Form** to the front office. In most cases, this requires a physician’s signature. Please refer to the form, which can be found on the LOJ website under the Athletics tab. If you’ve already participated in LOJ cross country, boys basketball or girls volleyball this school year, you don’t need to submit another form.

2. **Register and submit the $150 Athletic Fee** per sport on the Community School Website.

* Refunds will only be issued during the first week of participation.

* The registration deadline is firm and late registrants will be placed on a wait list.

**Practices & Meets**

• **Practices** begin Monday, January 13th. Practices will take place immediately after school 4 days a week, Monday, Tuesday, Wednesday and Friday, from 4:00-5:30. Practice location will be in the LOJ wrestling room located in the back of the LOJ Gym.

• **Meets** will begin the week of January 20th and will take place once a week. No practices or meets on half days or non school days.

• The season concludes the first week of March with the League Championship Meet. Date and location to be determined.

• One-way transportation is provided to all meets. Parents are expected to provide transportation home.

• **By participating in the LOJ wrestling program, you have made a commitment to the team and are expected to attend all practices and meets. If you are absent for illness or an emergency, please notify your coach or the school. If you do not attend school, you are not allowed to practice or attend a meet the same day.**