

Dear Parents and Wrestlers,

We are very excited to have your child participating in our Wrestling program here at Fruita 8/9 / Fruita Middle Schools. Our season begins Monday, February 5 after school. The 7<sup>th</sup> graders will be jumping on a bus after school and will be coming over to practice at the 8/9 school. **We will be practicing at the 8/9 school every day until February 14<sup>th</sup> when we will move practices to FMHS.**

Wrestlers are expected to be picked up by 5:00. Each wrestler is expected to be dressed out and be ready to practice at 3:30 each and every day. Wrestlers will need to have a t-shirt, shorts and wrestling shoes if possible; otherwise tennis shoes without black soles will work. All wrestlers need to have the parent permission form filled out and signed by both the wrestler and the parent. Wrestlers also need to have their \$70.00 fee paid in order to practice. 8<sup>th</sup> grade athletes pay at the main office at F8/9. 7<sup>th</sup> grade athletes pay at FMS main office. Or you may pay online at <https://www.mypaymentsplus.com/>. Lastly, there is the bus form that needs to be signed before you child may ride the bus to an event. A schedule of the meets and tournaments will be provided when it all gets finalized. Each week I will send a note home telling you what we have going on for that week as well as that coming weekend. If I receive any changes, I will let you know as soon as possible. Please do not hesitate to call if you have any questions.

**FRUITA WRESTLING COACHING STAFF**

Dean Hall

Jesse Hoisington

Dhall@pvdsd50.org

Jesse.hoisington@d51schools.org

Chad Dare

Mario Baleztana

## **Fruita Wrestler's Code of Conduct**

Fruita Wrestling is dedicated to promoting fitness, self-discipline, teamwork, academics, dedication, self-esteem and good sportsmanship for all of its wrestlers. Fruita wrestlers are expected to maintain the highest standards of conduct, personal behavior, ethics, and sportsmanship and to display these standards at all times. By signing this document, you are acknowledging that you understand these expectations, and that failure to meet them may result in the exclusion from attending practices and/or matches / tournaments.

**As a Fruita Wrestler, I understand that I am expected to abide by the following standards:**

- Remember that you are a student first. Two or more failing grades will result in suspension from all events until these grades are improved. If you need help ask. That's why we're here.
- Respect your school and community at all times. This means that you will display appropriate behavior at school, in the locker room, on the bus, and on the wrestling mat.
- You are expected to attend each practice and mandatory event. Coaches must be notified in advance if you are unable to attend a practice or a match. Failure to do so will result in missing the next event and not traveling.
- Practices will begin at 3:30 and finish at 5:00 each day. You are expected to be on time and prepared to practice. Tardiness will result in time spent after practice. Help with set up and clean up after every practice.
- You will be responsible for all school issued equipment. Lost or damaged gear will be reimbursed by the wrestler.
- You will be expected to accept success with humility, failure with dignity, and all coaches or referees decisions with respect.
- Encourage and support your teammates. Always treat teammates and opponents with respect.
- The use of any illegal substance will result in immediate and permanent removal from the team.

**I agree to abide by this code of conduct and understand the potential consequences for failing to do so:**

\_\_\_\_\_  
Wrestler Name (Printed)

\_\_\_\_\_  
Wrestler Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (Printed)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



**Mesa County School District #51  
Middle School Athletic Clearance Form**

Parent or Guardian: This form must be thoroughly completed and signed before your child will be allowed to practice or compete in extra-curricular activities at his/her middle school.

Student/athletes Name: \_\_\_\_\_  
(Print)

School Year: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Emergency Contact Information**

Parent or Guardian: \_\_\_\_\_  
(Print)

Parent/Guardian Residence: \_\_\_\_\_  
(Address, City, Zip)

Parent/Guardian phone number: \_\_\_\_\_ Cell (optional): \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_ Contact Person: \_\_\_\_\_

**Insurance Acknowledgment**

**Note:** Mesa County School District #51 **DOES NOT** carry any form of accident or medical insurance to pay medical costs should your child be injured. Parent/Guardian must carry adequate health and accident insurance or enroll in the district offered insurance in order for the student/athlete to participate in District #51 athletics. If I have insurance changes it is my responsibility to notify the schools Athletic Director or the student/athletes coach. **PLEASE INITIAL BELOW.**

\_\_\_\_\_ 1. I maintain adequate personal health and accident insurance.

\_\_\_\_\_ 2. I have enrolled my child in the accident insurance program available through District #51 for the current school year.

I authorize my child's coach and/or sponsor to secure emergency medical treatment in the event of an injury or accident. District #51 coaches and/or sponsors will attempt to contact parents or guardians as to injury and/or accident.

Insurance Company: \_\_\_\_\_

Insurance Company Phone Number: \_\_\_\_\_

**Medical Concerns**

Please indicate below any medical/personal information regarding your child which the coach/sponsor should be aware of. This information will be kept confidential.

---

---

---

**(OVER)**

### Parent or Guardian Permit

**Warning:** Participation in interscholastic athletics includes a risk of injury which may range in severity from minor to long-term Catastrophic. Student/athletes must obey all safety rules, report all physical problems to a coach, follow a proper conditioning program and inspect their own equipment daily. By signing this permission form, I acknowledge reading and understanding this warning. I hereby give my consent for my child to participate and compete in athletic activities sponsored by school district #51.

### Transportation

It is not practical for the district to provide accommodations for all transportation requirements within the valley related to your child's participation. Therefore within the valley, parents/guardians may at times be responsible for transporting student/athletes from contests and to/from practices (MCVSD will provide transportation to events, but no return bus will be available in the valley).

### Media Release Statement

Please check one of the following choices concerning the release of your student/athlete's name, picture, year in school, and other sport team related information that includes websites, print, and video media productions. **PLEASE INITIAL BELOW.**

\_\_\_\_\_ I agree to any media release of information regarding my student/athlete.

\_\_\_\_\_ I DO NOT want any picture or sport related information published.

### Training Rules

The following Training Rules apply to all students who participate in the District's middle school athletic programs:

1. Students shall not use, possess or distribute tobacco products of any kind.
2. Students shall not use, possess or distribute alcohol or alcoholic beverages of any kind.
3. Students shall not use, possess or distribute any "controlled substances", as that term is defined in the Board's policy on student drug and alcohol use (Policy JICH).
4. Students shall comply with the District's Code of Student Conduct (JCDA), and all student conduct policies referenced therein.
5. Students shall obey all state and local criminal laws/ordinances.
6. Students shall exhibit exemplary behavior on and off the playing field, demonstrate high ethical standards and good sportsmanship, meet all MCVSD #51 eligibility requirements, and serve as a positive role model to students.

If a student is determined to have violated the above mentioned Training Rules during the season, disciplinary action shall be imposed as set forth by the school's administration, which could include but not limited to suspension from contests/athletic events.

I have read all the information on page 1 and 2 and have provided accurate information.

Name of Parent/Guardian: \_\_\_\_\_  
(Print)

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature)

Dear Parent/Guardian and FMS Athlete,

Fruita Middle School values our student-athletes. The FMS staff emphasizes that all athletes are students first and an athlete second. We want our student-athletes to be successful on and off the field/court. Getting class work done, turned in on time, and modeling good student behavior is what we strive for all players to achieve. Below are the eligibility requirements to participate in school sanctioned events. Any player that is not eligible is expected to participate in practice and attend games to support his/her team from the sideline. Additionally, coaches will also notify the parents of ineligible student athletes on Monday of the week of ineligibility. If you have any questions regarding the policy, please do not hesitate to reach out, and I will be happy to answer any questions you may have.

Thank you,

Eric Blackburn

### **Middle School Athletic Eligibility**

#### **Learning Behavior Criteria:**

- Eligibility based on learning behavior grades is typically run Friday afternoon. Any learning behavior grade less than 2 will result in a student-athlete being ineligible to participate in games for the week. For eligibility to be regained, all learning behavior grades must be above 2 when eligibility is run the following Friday.

#### **Behavioral Criteria:**

- OSS – the student is prohibited from participating in practice and contests until they have been re-admitted\* to school after fulfilling their suspension.
- ISS – the student is prohibited from participating in practice and contests from the moment they are assigned ISS until they have fulfilled their consequence.

#### **Attendance Criteria:**

- Any unexcused (UNX) absence (**includes parent verified unexcused absence**) during the day prohibits that student from practice and/or contests for that day. A parent verified absence will be evaluated on a case by case situation by the athletic director and or building administrator. An UNX on Friday prohibits the student from competition on the weekend.
- Any absence due to illness must be approved by either the athletic director or administration in order to participate in contests.

#### **Administrative Discretion:**

- Administration may use their discretion to establish greater learning behavior expectations for their school than those presented in this process.

Thank you,

Eric Blackburn  
Athletic Director  
Fruita Middle School  
970-254-6570 ext. 35119

Jeremiah Johnston  
Principal  
Fruita Middle School  
970-254-6570 ext. 35122

Jackie Truckey  
Assistant Principal  
Fruita Middle School  
970-254-6570 ext. 35108

=====  
**\*\*\*PLEASE SIGN AND RETURN TO YOUR COACH\*\*\***

By signing this, I indicate that I have read and understand the Eligibility Letter and policies of FMS.

STUDENT NAME PRINTED \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_



# FRUITA 7th & 8th GRADE WRESTLING

## Boys & Girls

FEBRUARY 2024



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	31		31		1		31		1		2		3
4		FIRST PRACTICE @ F8//9 3:30 - 5:15		PRACTICE @ F8//9 3:30 - 5:00		PRACTICE @ F8//9 3:30 - 5:15		PRACTICE @ F8//9 3:30 - 5:15		PRACTICE @ F8//9 3:30 - 4:30			10
		PRACTICE @ F8//9 3:30 - 5:15		PRACTICE @ F8//9 3:30 - 5:15		PRACTICE @ FMHS 3:30 - 5:15		PRACTICE @ FMHS 3:30 - 5:15		PRACTICE @ FMHS 3:30 - 5:15			17
11		NO SCHOOL DAY NO PRACTICE		PRACTICE @ FMHS 3:30 - 5:15		PRACTICE @ FMHS 3:30 - 5:15		Dual Meet at OMMS 3:45 pm Orchard Mesa		PRACTICE @ FMHS 3:30 - 5:15			24
18				PRACTICE @ FMHS 3:30 - 5:15 TEAM PICTURES		PRACTICE @ FMHS 3:30 - 5:15		Dual Meet at MGMS 3:45 pm Mount Garfield					
	25				27		28		29				



MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					PRACTICE @ FMHS 3:30 - 5:15	1	2	
3	PRACTICE @ FMHS 3:30 - 5:15	4	PRACTICE @ FMHS 3:30 - 5:15	5	Dual Meet at FMHS 3:45 pm Vs BMS and GMMS	7	8	9
10	PRACTICE @ FMHS 3:30 - 5:15	11	District Tournament @ FMHS 4:15	12	13	14	15	16
17		18		19	20	21	22	23
<b>Coaches Contacts:</b> Dean Hall: <a href="mailto:DeanHall@pvsd50.org">DeanHall@pvsd50.org</a> Chad Dare: <a href="mailto:Chad.Dare@d51schools.org">Chad.Dare@d51schools.org</a> Mario Baleztena: <a href="mailto:Jesse.Hoisington@d51schools.org">Jesse.Hoisington@d51schools.org</a>								