The Covenant School

WRESTLING Info Sheet

Varsity Head Coach: Colin Andersen  Cell: (434) 806-7476  Email: canderson@covenantschool.org

COMMUNICATIONS
• For questions, use the contact information above to reach the team’s coach.
• Once the rosters are set, the Covenant Athletic Department will create email groups for the team to notify families of all changes to the game and practice schedule. All other information will come from the coaching staff.

WHO CAN PARTICIPATE?
• Male Covenant students in grades 8-12 may compete on the High School Team, while students in grades 5-8 may participate in the Eagle Wrestling Club. The Eagle Wrestling Club is run as a separate organization from TCS Athletic. The Eagle Wrestling Club uses TCS Athletic Facilities.
• The Covenant School will offer a high school team (eligible students grade 8-12) that will compete in both Varsity and JV events. Varsity and JV wrestlers will practice together, and will sometimes compete together in the same events. There will also be competitions that are Varsity-only, and others that are JV-only.
• Although Covenant does not offer a middle school team, students in grades 5-8 will have the opportunity to participate in the Eagle Wrestling Club, which practices in the Covenant Wrestling Room and is coached by Lower School teacher Nick Endres. The Eagle Club competes against other middle school wrestling clubs in the central Virginia area. For more information, contact Coach Endres at nendres@covenantschool.org. The Eagle Wrestling Club is run as a separate organization from TCS Athletic. The Eagle Wrestling Club uses TCS Athletic Facilities.

**Eighth graders are eligible to participate in both the Eagle Club and/or the High School Team. Any eighth graders wishing to compete at the high school level should first seek approval from Coach Anderson.

WHO DO WE COMPETE AGAINST?
• All schools in the Virginia Independent Schools Athletic Association (VISAA) compete in one league and have one state tournament. There are no divisions. Individual wrestlers that place in the top four in the State Tournament qualify to compete in the National Prep Tournament against other top private school wrestlers from around the United States. We generally have at least one wrestler each year qualify for the National Tournament.
• We compete in the Virginia Independent Conference (VIC). We wrestle a dual against each team in the VIC throughout the season and have a conference tournament at the end of the regular season.
  o VIC Conference Wrestling Schools: Blue Ridge, Fishburne, Hargrave, Miller School, Liberty Christian, North Cross, Roanoke Catholic, Virginia Episcopal
• We also compete in a number of tournaments that feature various private and public schools from across the state.
• Tentative 2014-2015 Schedule Varsity Schedule will be published on September 1st.

Important Dates
First Practice (Varsity & JV)  November 10, 2014
VIC Conference Tournament (Varsity-only)  February 14, 2014
VISAA State Tournament (Varsity-only)  February 20-21, 2014
National Prep Tournament (must qualify)  February 27-28, 2014

Forms Required
The following forms are required for students to start participation

- A student is required to complete a full physical every two years
  - Physical Form on our Document (NEW STUDENTS & GRADES 7,9,11)
  - Interim Physical Form (RETURNING STUDENTS GRADES 8, 10, 12)
- Covenant Handbook - All Students and Parents must sign - ONLINE - ELECTRONIC SIGNATURE
- Concussion Policy - All Students and Parents must sign - ONLINE - ELECTRONIC SIGNATURE
- Travel Permission Form - All Students and Parents must sign - ONLINE - ELECTRONIC SIGNATURE
- Uniform Agreement - All Students and Parents must sign - ONLINE - ELECTRONIC SIGNATURE

How Much Travel Time Commitment is Required?

- Varsity & JV will practice Monday through Friday with some competitions on Saturdays.
- After school practices are 3.45 to 5.45 in Covenant Wrestling Room.
- The Varsity Team averages two matches a week during the season. This is subject to change because of cancellations and other school wide functions at Covenant and the opposing schools.
- The teams can travel up to 2 hours for a road trip. The Covenant School will provide transportation for away matches.
- The Varsity Team will have three overnight trips for two-day tournaments that start on Friday & finish on Saturday.

Equipment/Supplies

- The Covenant School will provide warm-ups and a wrestling singlet for competitions.
- Each wrestler needs to provide his own wrestling shoes, headgear, and practice clothes (t-shirt, athletic shorts, & socks).

Costs

Other than the purchase of equipment/supplies noted above, there are no additional costs to participate in wrestling at this time.

Questions?

For the High School Program (grades 8-12), please contact Coach Colin Anderson (canderson@covenantschool.org)

For the middle school Eagle Wrestling Club (grades 5-8), please contact Coach Nick Endres (nendres@covenantschool.org)