



Hillcrest Middle School

2161 Regan Avenue, Coquitlam, B.C. ● Phone (604) 936-4237 ● Fax (604) 936-4239
Rob Foot, Principal V3J 3C5 Jason Hewlett, Vice Principal

December 8th, 2011

Dear Parent/Guardian,

Hillcrest Athletics is pleased to offer Olympic Wrestling under the guidance of Mr. Geddes. Practices will take place in the Multi Purpose Room from 3:00-4:30 (approximately). Students needing to catch the 3rd bus can leave early. Tuesdays and Thursdays are wrestling days. Practice and competition schedules will also be posted by the gym, outside Mr. Geddes' room and on the school's website in early January:

<http://www.sd43.bc.ca/middle/hillcrest/Pages/default.aspx> Click on "Programs & Services", then "Sports/Athletics"

Students must have clean shoes, shorts, and shirts for all practices and competitions. Also, fingernails must be kept short and tidy. Wrestling boots are not required, but may be purchased privately (ask Mr. Geddes for info). Mouth guards are recommended and can be purchased for \$3 at school.

In order to wrestle in the Coquitlam School District, students must be members of B.C. Wrestling, at a cost of \$5 (to be given to Mr. Geddes). This fee goes directly to BC Wrestling and pays for insurance coverage.

Because we are scheduled to compete at other schools, we will need to ensure that we have sufficient parent drivers who have gone through the volunteer/driver process. While it is an inconvenience to do so, the district requires it, and kids can't attend events at other schools without enough drivers. If you have not yet done so, please consider picking up a driver/volunteer package from the office.

Participation in wrestling trips to other schools will be limited to those students who demonstrate great behaviour during school and after school. By signing below the parent/guardian acknowledges that wrestling is a privilege for students, and also that there are potential risks of injury when students participate in such sports. While wrestling is a very safe sport, there are always inherent risks with such physical activities.

Wrestling is a safe and fun way to encourage your child to pursue a healthy lifestyle now and in the future. We look forward to a great season of fun and competition. Please send the completed permission form, as well as \$5, to me as soon as possible.

Thanks,
Mr. Geddes - Athletic Director/Wrestling Coach

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Hillcrest Wrestling Permission Form 2012

Child's Name: _____

Parent/Guardian's Name: _____

Contact Phone Number/s (after school): _____

I understand the inherent risks in sports of a physical nature, and I acknowledge and understand the behavioural expectations required to compete for Hillcrest.

Signed: _____ Date: _____

- I have already completed the district driver/volunteer forms
- I am able to drive to some meets and I intend on completing the driver/volunteer forms