Wethersfield Eagles Wrestling

Preseason Overview Sheet

Pre-Season Overview Sheet

Coaches

- Tony DeCato
- Dino Federici
- Max Fernandez

Keys to Success

- Have gear for the first day of practice. You will be required to have headgear, proper workout gear, mouth guard (braces), and wrestling shoes. Without these you will not practice.
- Be pro-active. In school, in conditioning, in work, and planning your winter schedule.
- Gear is not “on the way” or “ I ordered it.” Needs to be in hand at practice
- Pre-Season Goal Sheet is due first day of practice. 100 burpees each day late
- Things we can control coming into practice: Attitude & Effort (Look for Opportunities)

Practice & Schedule

- Practices will start at 3 pm on normal school days. Will vary during breaks, mid-terms, and with holidays.
- 2 wrestlers will be responsible for cleaning the mats everyday before practice. Not a punishment.
- No separate JV, Varsity or Girls practices. We are a team, a family, and we need to be respectful of everyone.
- Matches will mostly be on Wednesdays with tournaments Saturdays. Girls have tournaments on Sundays.
- This is a 6 day a week sport.
- No reason to miss practice.

Hygiene

- Clean workout clothes everyday

- Shower immediately after returning home
- Wear deodorant
- Long Sleeves, Tights, & Sweats prevent issues

Grades and Physicals

- 2 F’s and you miss part of the season
- Make sure physical is up to date ahead of time
- Strive to get honors and be reconized for All Academic Awards

Gear

- School provides singlets, long-sleeve dry fit, and shorts
- Gear for sale (Dry Fit, Hoody, Winter Hat)