



Edison Panther Wrestling 2019-20

Welcome to the 2019-20 Edison Panther Wrestling season! Coach Murphy and Coach Devaldivielso are extremely excited for what this season has in store for everyone involved with the program this year. Below are a few important pieces of information about the upcoming season.

First Practice: Our first practice will be Monday, October 21st at 3:15 in the Wrestling Room

Practices: All athletes are expected to attend every practice. Practices will begin promptly at 3:15 in the wrestling room. Athletes need to be in their practice attire (T-shirt and gym shorts) and wrestling shoes tied at this time. Practice will run until 5:00. Athletes are expected to stay until the end of practice every day. It is suggested that athletes work together to set up carpools to allow this to happen. If an athlete needs to miss a practice or event please email Coach Murphy and let him know.

First Meet: Our first meet will be at home on November 5th at 4:15 in the Main Gym.

Uniform: Athletes will be provided with an Edison sweatshirt and a team uniform. All pieces of equipment are school property and need to be returned in good condition at the end of the season. Athletes are expected to have their full uniform on all meet days.

Equipment: Athletes are expected to provide their own wrestling shoes and headgear. While both are available online, there are stores such as Dick Pond Athletics and Play It Again Sports that may have used equipment for sale as well.

-All athletes who have braces will be required to have a mouthguard as well. It is suggested by the coaching staff that all athletes wear mouthguards.

-All athletes with long hair (past their eyebrows/over the ears) will be required to wear a skull cap. A latex or rubber swim cap DOES NOT fulfill this requirement.

Parent Meeting: We will have a parent meeting on Tuesday, October 29th right after practice at 5:00 in Mr. Murphy's room 115. This meeting is CRUCIAL for parents to be in attendance. We will be discussing many important topics.

Club Practice: Coach Murphy will be coaching kids in an IKWF club "Tiger Wrestling" at Wheaton South High School on Monday, Tuesday and Thursday nights with additional Tournaments on 5 Sundays throughout the year. Sign up on Park District website.

Contact: If you ever have any questions, comments, or concerns please email Coach Murphy at patrick.murphyjr@cusd200.org