



Eagle's Landing High School Wrestling 2020-2021

“Rising from the ashes like a phoenix!”

My name is Christopher Allen and I am the Head Wrestling Coach at Eagle's Landing High School. My connection as a Golden Eagle goes back to the first day the school opened. I was a student from 1990-1996 (7th-12th grade), and a founding member of the wrestling team under Coach Don Williams. After attending Lindenwood University on a wrestling scholarship, I returned to ELHS to teach and be an Assistant Wrestling Coach from 2000-2003. I then spent the next 16 years working in international schools in China, Brazil, Vietnam, and the Democratic Republic of Congo, before returning to ELHS for the 2019-2020 school year.

Fate brought me back home, and I am honored to lead the team and help rebuild the program to the where it was in the 1990's and early 2000's when we were regularly ranked and placed highly in the state tournaments (including a state championship in 1998). I can see the excitement in the students' eyes, as they look ahead to what needs to be done to improve both individually, and as a team. It will take time, but we are building a program, not just a team. I've already had quite a few coaches tell me that ELHS has the athletes, and now that we are bringing in the coaching to help bring it together, the sleeping giant that is ELHS Wrestling is about to re-awaken. We are putting the other teams in Henry County, and the state of Georgia on notice...Like the phoenix, we will rise from the ashes and bring back Eagle Pride!

The Eagle's Landing Wrestling Program is a family, and we will do whatever is needed to support each other and help the team move forward in a positive direction. With that, we have introduced the Golden Eagle Wrestling Pledge. We will say this at the end of every practice, and before every dual meet or tournament. It is something we want every member of the team (wrestlers, managers, coaches, and parents) to truly believe in. We will hold each other accountable, referring to this any time one of our members is letting us down.

I am an Eagle

I am proud to be an Eagle

We are a family that depends on each other

I respect my school

I respect my teammates

I respect my coaches

And I respect myself

This team is only as strong as I am,

And I'll do anything I can to help it succeed.

1, 2, 3 Eagles!

Team Expectations

Team members are expected to attend practice every day. We will practice Monday-Friday (unless we have matches or a tournament on that day) from 4:00-6:00. If a student cannot attend practice, he/she must tell Coach Allen face to face before practice begins. Excused absences include doctor's visits (doctor's note required), family emergency, or death in the family. If any of these take place, I ask that parents/guardians email me at christopher.allen@henry.k12.ga.us to confirm. Absences will require additional conditioning

after practice to help make up what was missed. Having too many absences could lead to a student being suspended from the team (i.e. not being able to compete in upcoming matches/tournaments) or being removed from the team.

Team members are student athletes, which means they are students first and athletes second. If students do not pass their classes, they could be ineligible to be on the team and participate. Because of this, coaches will check athletes' grades via Infinite Campus weekly. Any student failing a class will be required to attend tutoring for the class and/or complete work for the class at a table on the side of wrestling practice each day until the grade is improved.

Students are required to travel with the team on the school bus to all away matches and tournaments. Students will be allowed to go home with parents or legal guardians after away matches and tournaments are completed. Otherwise, students must return to the school on the school bus and go home from there. Students are required to attend all matches and tournaments if their team (varsity, girls, or junior varsity) is competing. Students can come to help support their teammates at any away matches or tournaments if their team (varsity, girls, or junior varsity) is not participating.

Parents & Students, please note:

We will practice and have matches/tournaments during school breaks. This will include both the Thanksgiving and Christmas breaks. Please pay close attention to the team schedule, and ensure you are available during the days/times required.

Team Booster Club/Fund Raising

We do not want personal finances to get in the way of a student being able to participate on the wrestling team. That said, nothing is free and we have to pay \$250-\$300 for each tournament and Saturday Duals competition we compete in throughout the year. We also have to pay for team uniforms (singlets, warm up tops, shirts, shorts, masks, etc.), mat

tape, mat cleaning materials, pay for referees for home meets, and anything else that comes up. Because of this, we ask for help from parents/guardians to help cover these costs.

The first cost is the team uniforms. We have contracted Compound Wrestling to help us out with this. All new ELHS wrestlers will need to pay \$250 to cover the cost of uniform, as well as help with the other costs. Returning ELHS wrestlers that already have their team gear will need to pay \$100 for team costs. Team fees are due on Friday, October 30th. ELHS is using My School Bucks for team payments this year. Please create an account and pay your fees accordingly. Wrestlers will be able to keep the team uniforms (singlet, warm up jacket, t-shirt, mask, and shorts). We will try to continue to use these for several years, cutting down on the costs in future years. This will mean wrestlers will be responsible for taking care of their equipment though, as replacements will be very limited!

We are hoping to help cut down on individual costs by raising funds through other activities as well. These will include:

- SnapRaise & Double Good Popcorn fundraisers
- BBQ Fundraiser (selling whole Boston butts for \$40 a piece...\$20 profit for each one sold)...date TBD
- January 2nd: Golden Eagle Duals Tournament. We will need help selling food and drinks in the concession stand.
- January 26th: Home tri-meet & Senior Night against ELCA & Luella. We will need help selling food and drinks in the concession stand.
- February 6th: Traditional Region Tournament. We will need help selling food and drinks in the concession stand.

THE MORE STUDENTS AND PARENTS HELP OUT WITH THESE FUNDRAISING OPPORTUNITIES, THE MORE WE WILL BE ABLE TO REIMBURSE STUDENTS FROM THE INITIAL TEAM FEES.

Other Costs Involved

- Wrestling shoes
- Head gear
- Mouth piece (for those with braces)
- Compression shirt & shorts for girls to wear under singlet
- There could be hotel costs, depending on distance and time needed to travel to some competitions.

Finally, it is important to understand that wrestling is both an individual and team sport. Spots on the varsity team will be decided by wrestle offs between students in the same weight class. We will wrestle off each week during the season, with the person winning 2 out of 3 matches being chosen as the varsity wrestler that week. Coaches may need to make strategic changes during the season to increase the teams' chance of success. This could include moving wrestlers into different weight classes to improve the overall team.

Please note that while coaches are happy to speak with students and parents about their individual concerns, the coaches will have the final say on all team decisions. We will not discuss other people's children, but only a parent's own child. Remember to be respectful at all times to coaches, students, other parents, and referees. When in doubt, refer to the Golden Eagle Wrestling Pledge and ask yourself: "Am I following what I have pledged to do as a member of the ELHS Wrestling Team?"

Follow the Team

Instagram- @eagleslandingwrestling

Twitter- @WrestlingEagle

Facebook- @eagleslandingwrestling

Website- <https://schoolwires.henry.k12.ga.us/Domain/3691>

SportsYou App- Team Access Code: CLY2R889

2020-2021 Eagle's Landing Wrestling Schedule

October 26- First day of practice

November 17- Union Grove tri-meet scrimmage (@ UGHS)

Nov. 24- **Tomahawk Tussle (@East Coweta) V & JV**

Nov. 28- @Walnut Grove, Hampton

December 2- @Rockdale HS, Monroe Area HS

December 4- **Warrior Classic Girls Tournament (@North Atlanta)**

December 5- **Warrior Classic (@North Atlanta)**

December 9- @ McIntosh

December 11-12- **South Metro Inv. V (@McDonough HS)**

December 19- **Kyle Maynard Duals (@Collins Hill)**

December 19- **Coal Mountain Girls Classic (@North Forsyth HS)- Might send some girls there**

December 29-30: **Forsyth Central Holiday Clash (@Lambert HS)**

January 2- **Golden Eagle Duals (@ELHS)**

January 9- **Archer Varsity Inv. (@Archer HS)**

January 16- **Region Duals (@UGHS)**

January 21-@Hampton, Sandy Creek

January 23- **Region Quad**

January 26: **Home tri-meet (@ELHS): ELCA, Luella...Senior Night**

January 29-30: **Dual State**

February 6: **Traditional Region Tournament (@ELHS)**

February 11-13: **Traditional State**

Highlighted dates are during school holidays. Please plan accordingly.