

January 2024

GRADE POLICY

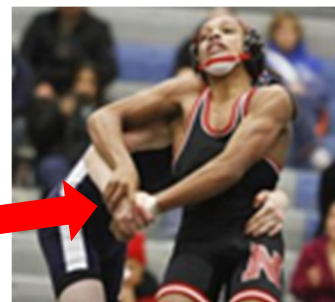
YOU CANNOT COMPETE ON VARSITY IF YOU HAVE "F" GRADES CURRENTLY DISPLAYED. YOU MAY ALSO BE PUNISHED AFTER PRACTICE WITH CONDITIONING. STUDY TABLES WILL BE REQUIRED FOR ANY ATHLETES IN DANGER OF FAILING FIRST SEMESTER CLASSES. TALK TO A COACH IF YOU NEED HELP WITH GRADES. WE WILL WORK TOGETHER TO DEVELOP A PLAN TO GET CAUGHT UP AND STAY ON TOP OF YOUR CLASSWORK. SEMESTER 1 GRADES WILL BE GIVEN AFTER FINALS ON JANUARY 30TH, 31ST, AND FEBRUARY 1ST.

Student-athletes with any "F" grades will not be allowed to represent varsity.

FACULTY NIGHT North Salem will be showing tribute to our amazing staff at our home dual on January 10th vs McNary. Each wrestler will be required to invite one staff member to the dual meet. If this staff member attends, they will sit in a VIP area for the duration of that wrestlers' match.

SENIOR NIGHT North Salem will be trying to black out the crowd for our seniors at our last home meet on January 25th. Tell family and friends to wear black and help us celebrate our seniors.

Always hand-fight once you get up to your feet when trying to escape! Look at picture to see example of how state champion Raymond Smith used the two-on-one approach.



Subscribe to our Youtube channel and gain access to our technique library!

We have a wrestling Youtube channel where you can find videos of our favorite wrestling techniques for students to study. Youtube search "Andrew Pickett" to locate videos or type in these links below:

Shot defense <https://youtu.be/mFikmkVhOII>

Down-block https://youtu.be/wSHVljZX_3w

Front headlock <https://youtu.be/dgmaycGpqEQ>

Front quarter <https://youtu.be/r3UFLfl25EE>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Practice Happy New Years!	2 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	3 4-way Duals @ North (Stayton, Jefferson, South Albany) Set-up immediately after school	4 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	5 Official Practice 4:00pm-5:30pm OSU vs Penn State	6 Boys IB Tournament @ McMinnville HS Meet @ 9:00am @ North
7	8 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	9 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	10 Faculty Night Dual vs McNary HS Weigh-ins 5:00pm JV 6:00pm Varsity 7:00pm	11 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	12 Boys Dual Tournament @ Lebanon HS Meet @ 9:00am @ North All wrestlers Set-up in evening	13 Girls IB Tournament @ North Salem All wrestlers meet @ 6:15am @ North
14	15 NO SCHOOL Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	16 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	17 Dual @ West Albany HS Weigh-ins 5:00pm JV 6:00pm Varsity 7:00pm	18 Dual @ Sprague HS Weigh-ins 5:00pm JV 6:00pm Varsity 7:00pm	19 Girls Dual Tournament @ Dallas HS	20 Girls IB Tournament @ Dallas HS
21	22 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	23 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	24 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	25 Senior Night Dual vs South Salem Weigh-ins 5:30pm JV 6:30pm Varsity 7:30pm	26 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	27 Boys/Girls IB Tournament @ West Albany HS Meet @ 9:00am @ North
28	29 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	30 Official Practice 4:00pm-6:30pm Mat Club practice 6:30pm-8:00pm	31 Beauties in Beast Mode Dual vs Cleveland HS Weigh-ins 5:30pm Varsity 7:00pm	<div style="border: 2px dashed red; padding: 10px;"> <h3 style="text-align: center;">Raffle Fundraiser!!</h3> <p>We will be raffling off a TV at The Middle School Championships on Saturday, February 3rd, 2024. Wrestlers will sell raffle tickets throughout January and February for \$5 per ticket. Winner does not have to be present in order to win. Each wrestler who sells 10 tickets will receive another team t-shirt. There will be prizes for the wrestlers who sell extra tickets!</p> </div>		

MatBoss is a program that will allow wrestlers, coaches, and parents to view video and statistics from wrestling matches. E-mail Coach Pickett directly to ask for access to the videos. After e-mailing coach, you can download the MatBoss app or go to website below:

<https://www.matboss.com/video/wrestler-login>

Contact Information

Coach Andy Pickett
503-881-4634

Coach Ruben Carlos
503-990-9341

Coach Garth Lund
971-600-7909

Instagram Handle

@NS_wrestling



Wrestling Website

NorthSalemHighSchoolWrestling.weebly.com

