Dear Parents,

My name is Andrew Pickett and I am the head wrestling coach at North Salem High School. I want to take this time to introduce myself and inform you of some information and procedures you should be aware of as the parent of a student-athlete. I have been at North Salem the past 8 years and am excited for another great season.

**Contact Information**

Please do not hesitate to contact me if you have questions or concerns.  The best way to get a hold of me during the day is via e-mail. In the evenings, my cell phone is the best way to get in touch with me. My e-mail address and phone number are both listed below.

**Wrestling Website**

Schedules, fundraising opportunities, biographies, information, pictures and other items can be located on our website. Website will be updated with new information throughout the season. We encourage you and your child to check out the website which can be found at:

**NorthSalemHighSchoolWrestling.weebly.com**

**Reporting Injuries**

It is very important that all injuries get reported to the coaching staff as soon as possible.  I have resources available to get our athletes the best and quickest care available, but I cannot use these resources if I am unaware of injuries.  Wrestling is a tough sport where there is a risk or being hurt or injured. There is a difference between being hurt and being injured.

**Parental Involvement**

We push wrestlers very hard throughout the year and expect great things from them. We ask that parents get involved and help out at least one event this year. In order to sign up and help out please get a hold of Coach Pickett or Danae Pfeifer (503-551-4662). You are welcome to help out at multiple events, but we ask that each parent chooses at least one event to help at. Here are a list of events where we need parent help this year:

* Concessions Stand (contact Danae Pfeifer for dates)
* 3-way dual @ North (January 4th, 2018)
* Youth tournament @ North (January 13th, 2018)
* Sell 10 raffle tickets for our TV give-a-way fundraiser
* Bring in $50 worth of pop cans
* Regional Tournament @ McKay High School (February 9th and 10th, 2018)

Thanks,
Andrew Pickett

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