

JDHS Wrestling 2025 Information Letter

Hello parents/guardians, welcome to our 2025 Wrestling season!!

Coaches:

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My name is Adam Messmer and I am the head coach of the Juneau Douglas high school wrestling program. We are extremely excited to begin the 2025 JDHS wrestling season. We hope you are excited to get back in the gyms and on the mat for what will hopefully be a great season for your athletes. The following letter will let you know some of the expectations we coaches have from you as parents and your athletes. Once again, thank you for your great support and thank your athletes for taking on this exciting and tough sport.

We want to keep everyone up-to-date and keep an open line of communication between wrestlers, parents, and coaches. To accomplish this, we will be using Sportsyou.

Access Code

TBSF-2H5R

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at www.sportsyou.com
or in the app stores



Wrestling Information:

Eligibility for Meets & pink slips

School Policies

1. Students need a new physical every 18 months.

2. **All forms must be completed and cleared through Planet HS/Big Teams prior to participation in practice, meets, or other team related events.**

3. Hazing:

a. We have a zero tolerance policy for hazing.

b. Hazing will be punished to the maximum extent allowed by JDHS

4. Grade Checks:

Weekly Grade Checks will be conducted by JDS Activities/Athletics Staff

using the most current information found within PowerSchool every Tuesday morning.

- **Grade Checks on a Non-Competition Week:** Wrestlers must have 5 C's or better on this Grade Check to be eligible for placement on the travel roster for the following week's wrestling meet.

- **Grade Checks on a Competition Week:** Wrestlers must have maintained or improved at least 5 C's or better on this week's Grade Check to remain on the travel roster for the upcoming wrestling meet.

- **Homeschool Grade Checks:** All homeschool students must provide Dawn Jouppi (dawn.jouppi@juneauschools.org) with an updated grade check **every week on Saturday or Sunday** showing proof of at least 5 C's or better to remain eligible and to be placed on the travel roster and stay on the travel roster.

- **Grade Check Improvements on a Competition Week:** Wrestlers who were not eligible to be initially placed on the travel roster on the first Grade Check but now have 5 C's or better on the Grade Check during the competition week, will be eligible to attend one of two ways

1. Another participant doesn't make grades on the week of travel check and can use that ticket.

2. Parents are willing to pay for a last-minute ticket.

- **10 Practices - Ten practices are needed before an athlete can compete in a meet.**

(Only 7 practices are needed if the student is in an overlapping sport during the beginning of the season.)

Mandatory Drug Testing: the school district is once again requiring mandatory drug testing for

athletes.

Practices: Starting Oct 1.

Practices times will be 5:00pm–7pm Mon-Fri.

Practice attendance is mandatory! Wrestlers are expected to show up to practice on time ready to practice in appropriate attire. If a wrestler knows they are going to be late or absent they need to contact a coach prior to practice and make them aware of the situation. **If wrestlers have an unexcused absent it may affect their travel eligibility.** Please have pick up planned for your wrestler after practice.

The school district has agreed to let us practice at the new Juneau Wrestling club building. The Juneau Wrestling club will require a waiver to be signed before using their facility. The form can be found by following the QR code.



Gear:

Singlets:

Singlets will be assigned to each wrestler for competition. Wrestlers and their parents are financially responsible for the return of the singlets. Each singlet is valued at \$75.

We will be purchasing new team warmups this year with a donation from JYWC. These warmups will need to be turned in at the end of the season with their singlet. If a wrestler would like to keep their team gear, they can purchase it for \$100.

At the conclusion of the season all athletes must turn in their singlets to me (Adam Messmer).

Athletes are expected to provide their own shoes and head gear. There are many sites that these can be purchased such as Cliff Keen, Nike, Asics, Rudis, or even Amazon.

Team Activity Fee & Travel Fees:

-We have a \$175 non-refundable activity fee to help fund the JDHS wrestling team, in addition to our fundraisers. The fee is due before a wrestler can sign up for travel to an out-of-town competition.

Please make checks payable to Bears and Falcons Wrestling Booster

- Families are asked to pay for half the travel costs for each trip their athlete plans to attend. (Athletes may also fundraise more to offset those costs.) **Please make checks payable to Bears and Falcons Wrestling Booster.**

-Parents may purchase a ticket for their athlete on their own but **must fill out a school waver first** and are still subject to the athlete making grades to be able to participate.

For convenience, there will be a locked drop box at the wrestling club for payments to BFWB.

Fundraising:

In the past, most of the fundraising that a wrestler did was applied directly to them and carried over to the next year, regardless of if they had a positive or negative balance. A new school policy does not allow this. All fundraising will be coordinated via our newly formed booster club, the Bears and Falcons Wrestling Booster (BFWB). Included in this packet is a contact information, photo release, and sign up sheet for the BFWB. Please complete this form and have your athlete turn it in at the next practice. Please contact BFWB at icwc.juneau@gmail.com with any questions concerning fundraising.

We are requiring:

- Wrestlers are expected to sell at least one book of raffle tickets prior to each trip
- Solicit at least two businesses for sponsorship, due Oct 15th.
- Participate in the Crab feed fundraiser (date/time TBD)

Fundraisers:

99 pledges: This is the easiest fundraiser you will ever find! Friends and relatives from all over the world can donate to a specific athlete. This will run through December 31.

Raffles: Alaska Air school raffle

Dinner Fundraiser: Time, place to TBD. Dinner will be after the season and participation is mandatory. Tickets to be sold by wrestlers.

Business Sponsorships: Athletes will be assigned a minimum of two businesses to solicit for a donation. In return, these businesses will receive advertising on our team hoodie and banners.

Chore busters: As chore busters become available, there will be a sign-up sheet at the wrestling club. Please continue to watch for sign-ups throughout the year

Concessions and Bake Sales: We need volunteers. Please see sign up sheet from BFWB

Travel:

******Code of conduct on trips******

We understand that teenagers will be teenagers, yet they will still be held to the same cleanliness standards as the rest of society. There have been incidences in the past where students have forgotten what a garbage can is or what bedtime/quiet time means. If there are incidents on a trip, we will give the athlete chances to correct their behavior and if that doesn't work that athlete will not be eligible for the next travel trip.

On most of our trips we will be housed at the host school. Phones will be gathered each night at a predetermined time to ensure everyone gets a good night's sleep. Wrestlers are encouraged to make calls to their parents/guardians prior to this preset time.

Signing up for trips.

Athletes will be asked to sign up for the tournaments that they would like to participate in. This does not guarantee them a spot on the varsity trips but will give us an idea of who is interested in traveling to each venue. Trips will need to be signed up for 2 weeks prior so rosters can be finalized. This is done at the club on the white board.

Wrestling SCHEDULE 2025/26



Date	JDHS
Oct. 1	First Practice
Oct. 17-18	Metlakatka / Houston
Oct 24-25	Skagway
Oct 31- Nov 1	<i>South dual / Girls Mountain City Classic</i>
Nov 7-8	Juneau
Nov. 14-15	<i>Lancer Tournament @ Palmer</i>
Nov. 21-22	Bill Weiss @ Ketchikan / Red and Gold @ West Valley (Fairbanks)
Dec. 5-6	Wrangell
Dec. 12-13	Region 5 Championships @ MEHS
Dec 19-20	ASAA Championships @ UAA Alaska Airlines Center

WRESTLING Travel cost Breakdown 2025

Metlakatla. # of wrestlers 13

\$360.00 pp

Houston. # of wrestlers 16

\$325.00

Skagway # of wrestlers 50

\$66.00

Monster Bash/Girls MCC # of wrestlers 21

\$425.00

Lancer # of wrestlers 30

\$305.00

Ketchikan # of wrestlers 40

\$237.00

West Valley # of wrestlers 10

\$515.00

Wrangell # of wrestlers 30

\$391.00

Regionals/Mt. Edge # of wrestlers 55

\$157.00

State/Anchorage

\$636.00

Parents and Guardians, please fill out the following form and have your student athlete return this and any other attachment needed as soon as you are able:

Player Name _____

Parent/Guardian Name(s) _____

Parent/Guardian Email(s) _____

Parent/Guardian Phone(s) _____

- ☐ I give the Bears & Falcons Wrestling Booster consent to use my child's to promote Juneau-Douglas and Thunder Mountain Wrestling and fundraising for the booster club. I understand that the photos may be used in print publications, online publications, presentations, websites and social media. I also understand that no compensation or royalties will be paid to me for reasons of such use.

Parent/Guardian Signature _____ Date _____

How I would like to help with the 2025/2026 Season (please initial all areas you are able to help):

_____ I am not able to donate any time or food for the season and would instead like to contribute a monetary donation. \$_____ is enclosed.

_____ I would like to come to the booster club meetings and use my knowledge and community relations to help successfully secure funding for the Juneau School District wrestling programs. Meetings will be held at the Juneau Youth Wrestling Center on:

October 21, 2025 at TBD	March 17, 2026 at 6:30pm
November 18, 2025 at TBD	April 21, 2026 at 6:30pm
December 16, 2025 at TBD	June 16, 2026 at 6:30pm
January 20, 2026 at 6:30pm	July 21, 2026 at 6:30pm
February 17, 2026 at 6:30pm	August 18, 2026 at 6:30pm

_____ I would like to donate bake sale items/food for hospitality rooms - signup genius will be sent out closer to tournament times (please mark which tournament(s)):

- ☐ Juneau Tournament November 7 & 8 (JD at Thunder Mountain Middle School)
☐ Inner Squad Tourney January 31 (TM)
☐ Harben Invitational February 7 (TM)

_____ I would like to donate desserts for the dessert auction at the Crab Feed Fundraiser (JD - time and location TBD)

_____ I would like to help press Sponsorship T-shirts:

- ☐ For JD - Date and Time TBD ☐ For TM - Date and Time TBD

_____ I would like to be on one of the following committees:

- ☐ Social Media (website, Facebook, Instagram, etc)
☐ Fundraising (concessions, fundraising events, sponsorships)

_____ Any other general fundraising events that may come up (chorebusters, etc)

Contact information

Return to Coach

Athletes Name: _____

Athletes Phone #: _____

Athletes E-mail: _____

Parent/Guardian Name: _____

Parent/Guardian Phone #: _____

Parent/Guardian E-mail: _____

Return to Coach