Inner Circle Wrestling Club DBA:
BEARS & FALCONS WRESTLING BOOSTER
Proudly Supporting the JDHS & TMHS Wrestling Programs
PO Box 32835, Juneau, AK 99803
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Federal Tax ID #: 99-1737611

2026 JDHS Wrestling Player & Parent Information

Scan for a digital copy of this letter with live links!

Coaches:

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Parent/Guardian - Please complete the following:

1. **Complete the 2026 JDHS Bears Parent & Player Contact Form .** This form will only be used by JDHS Bears Wrestling Staff or BFWB Board Members as needed to help facilitate a smooth season and is needed for every wrestler.
2. **Sign up for SportsYou to receive important updates throughout the season.** This is the easiest way for us to effectively communicate to everyone, so please wrestlers and parents/guardians sign up. **Detailed instructions for phones and computers can be found here**.
3. **Complete a sports physical prior to the start of the season.** Physicals are good for 18 months, please make sure you're covered. You can obtain a physical through your primary care provider and sometimes through the school district. Here's the **Sports Physical Evaluation** form needed.
4. **Complete the Arbiter Registration for 2026/2027.** The Juneau School district has switched from Big Teams back to Arbiter. This must be completed and cleared by JDHS prior to participation in practice, meets, or other team related events. You can find detailed instructions on **Arbiter registration here**.

5. **Practice begins September 30, 2026 at 5:00pm.** Practice attendance is mandatory and absence may affect travel eligibility. The Juneau School District has agreed to let us practice at the Juneau Youth Wrestling Center. The Juneau Youth Wrestling Center requires **this waiver** to be completed and signed prior to any athlete using their facility.
6. **Bookmark the Bears and Falcons Wrestling Booster Website: https://www.bearsandfalconswrestlingbooster.com/.** This is your goto for all information, forms, links, etc. Add us on **Facebook** and **Instagram** for more ways to engage.
7. **Fundraising** Fundraising is only valid for the school year it is completed in. No negative or positive balance can be carried into the upcoming season per Juneau School District policy. All fundraising is coordinated through the BFWB. Please see the attached **2026 JDHS Wrestling Fundraising Letter** for requirements and options.
8. **Team Activity Fee**
   We have a $175 non-refundable activity fee required for any wrestler to participate in the 2026 season. This fee is to help fund the JDHS wrestling team and is separate from any other fundraisers. This fee is due before a wrestler can sign out a singlet or sign up for travel tournaments. The activity fee can be paid **here**.

2026 Wrestling Eligibility Information

School Policies (some may be repetitive)

1. Students need a new physical every 18 months

2. All forms must be completed and cleared through Arbiter 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 Activity/Athletics Staff using the most current information found within PowerSchool every Tuesday morning.

a. **Grade Checks on 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.
b. **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.
c. **Homeschool Grade Checks:** All homeschool students must provide Dawn Joupi (**dawnjouppi@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/stay on the travel roster.
d. **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:
    i. Another participant doesn't make grades on the week of travel check and can use that ticket.
    ii. Parents are willing to pay for a last minute ticket.

5. **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.**)**

6. **Mandatory Drug Testing:** the school district is once again requiring mandatory drug testing for athletes.

7. **Practices begin September 30 and will be Monday - Friday from 5:00pm-7:00pm at the Juneau Youth Wrestling Center.**
   Practice attendance is mandatory! Wrestlers are expected to show up to practice on time, ready to practice, and in appropriate attire. If a wrestler knows he/she is 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 absence, it may affect their travel eligibility**. Please have a pick up planned every night for your wrestler after practice. As mentioned above with a link, the Juneau Youth Wrestling Center requires a waiver to be completed and signed prior to an athlete practicing there.

8. **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 $75.00.**

We also have team warm-ups that were purchased last year. The warm-ups will need to be turned in at the end of the eason with the singlet (if received). If a wrestler would like to keep their team gear, they can purchase it for $100.00

9. ***Travel Code of Conduct on Trips***
   We understand that teenagers will be teenagers, yet they will still be held to the same cleanliness standard 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. 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 pre-set time.

   Signing up for Travel Tournaments

   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 all done at the club on a white board.

10. The Bears and Falcons Wrestling Booster handles all cash flow for JDHS Wrestling. **Please make sure all checks coming in for your wrestler are made out to BFWB.** The only exceptions to this are for raffle ticket sales, and that exception will be made clear when handed out.

Questions? Please email **icwc.juneau@gmail.com** and a board member will assist you!

Wrestling SCHEDULE 2026

Date	JDHS
Sept 30	**First Practice**
Oct. 16-17	Haines / Houston
Oct 22-24	Juneau @ JDHS
Oct 30-31	*South dual / Girls Mountain City Classic*
Nov 6-7	Bill Weiss @ Ketchikan
Nov. 13-14	*Lancer Tournament @ Palmer*
Nov. 20-21	Petersburg / Red and Gold @ West Valley (Fairbanks)
Dec. 4-5	Sitka
Dec. 11-12	Region 5 Championships @ Wrangell
Dec 18-19	ASAA Championships @ UAA Alaska Airlines Center