



Tonka Wrestling Communications

Face to Face:

Good old Fashioned face to face. After 5pm in the wrestling room during regular practice days, and after events. This is the best forgotten form of communication in today's digital age.

Email/Phone:

- Coaches
 - Josh Frie (Head Coach):
 - Email: josh.frie@mtka.org
 - Phone: [\(612\) 865-9303](tel:(612)865-9303)
 - Joel Schrimpf (Assistant Coach): joelschrimpf@tonkawrestling.org
 - Bob Montague (Assistant Coach): robert.montague@minnetonka.k12.mn.us
 - Russ Sanders (9th Grade Coach): russanders@tonkawrestling.org
 - Dan Coughlin (9th Grade Coach): danielo.coughlin@gmail.com
- General Communications: minnetonkawrestling@gmail.com
- Website: "Tonka Wrestling" no-reply@sportsengine.com

Website: <http://www.tonkawrestling.org/>

Each family must register and add the parent emails during registration to ensure communications are delivered to everyone in the family.

Invitation emails will go out after the PAC.

The image shows a screenshot of the Tonka Wrestling website interface. Four red callout boxes with arrows point to specific features:

- #1:** Log in here. May need to create a sportsengine profile. (Points to the 'Log Out/jfrie' link in the top right corner.)
- #2:** Register with website here (Points to the 'Register' link in the left-hand navigation menu.)
- #3:** Get MHS information here (Points to the '2016-2017 HIGH SCHOOL REGISTRATION' link in the 'CONTACT US' section.)
- #4:** Sign up for events and Volunteer with "Dibs" here throughout season (Points to the 'More +' button in the top navigation bar.)

Calendar:

The screenshot shows the 'Tonka Wrestling Calendar' page. At the top, a navigation bar includes 'Home', 'Calendar', 'High School', 'Middle', 'Tonka Wave', 'Off Season', 'Supporters', 'Archive', and 'Dibs'. The 'Calendar' link is circled in red. Below the navigation bar, the page title 'Tonka Wrestling Calendar' is displayed. A red box labeled '#1: Select Calendar' points to the 'Calendar' link. Below the title, there are options for 'LIST VIEW' and 'DAY VIEW'. A central calendar for 'November 2016' is shown, with a grid of days and events. A red box labeled '#2: Select Desired Tags' points to the 'MHS Wrestling Team (2016-17)' tag in the 'CURRENTLY SELECTED TAG(S):' section at the bottom. The tag list also includes '6th Grade League (2016-17)', 'Tonka Middle School Wrestling News', and 'Off Season'. Below the tag list are buttons for 'Select All Tags' and 'Clear All Tags'. At the bottom of the page, there are links for 'Home of Tonka Wrestling', 'Who We Are', and 'Tonka Wrestling Board'.

Home Calendar High School Middle Tonka Wave Off Season Supporters Archive Dibs

WRESTLING

Tonka Wrestling Calendar

LIST VIEW DAY VIEW

← November 2016 →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MHS OPEN WRESTLING ROOM 7:30pm-8:30pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team Middle	2 MHS OPEN WRESTLING ROOM 7:30pm-8:30pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team Middle	3	4	5 HIGH SCHOOL TONKA WAVE - PRE-SEASON NATIONALS 8:00am-8:00pm CST LVI Dome, 2401 Hudson Rd, Carter Falls, IA 50614 Tag(s): Calendar Off Season
6	7 MHS OPEN WRESTLING ROOM 7:30pm-8:30pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team Middle	8 MHS OPEN WRESTLING ROOM 7:30pm-8:30pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team Middle	9	10	11	12
13	14	15 MHS OPEN WRESTLING ROOM 7:30pm-8:30pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team Middle	16	17	18	19
20 HS FIRST DAY OF PRACTICE 3:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team PARENT, ATHLETE, COACH MEETING 5:30pm-7:00pm CST MHS Tag(s): MHS Wrestling Team	21 REGULAR PRACTICE - VARSITY AND JV 3:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team	22 REGULAR PRACTICE - VARSITY AND JV 3:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team	23	24 REGULAR PRACTICE - VARSITY AND JV 3:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team	25	26
27 MORNING TECHNIQUE - VARSITY AND JV 8:30am-7:30am CST MHS Wrestling Room Tag(s): MHS Wrestling Team STRENGTH - VARSITY AND JV 3:00pm-4:00pm CST Papel Center Tag(s): MHS Wrestling Team REGULAR PRACTICE - VARSITY AND JV 4:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team	28 REGULAR PRACTICE - VARSITY AND JV 3:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team	29 MORNING TECHNIQUE - VARSITY AND JV 8:30am-7:30am CST MHS Wrestling Room Tag(s): MHS Wrestling Team STRENGTH - VARSITY AND JV 3:00pm-4:00pm CST Papel Center Tag(s): MHS Wrestling Team REGULAR PRACTICE - VARSITY AND JV 4:00pm-5:00pm CST MHS Wrestling Room Tag(s): MHS Wrestling Team WEIGHT CERTIFICATIONS 5:15pm-6:00pm CST Tag(s): MHS Wrestling Team	30	1	2	3

CURRENTLY SELECTED TAG(S): Match Any ▼

Home of Tonka Wrestling MHS Wrestling Team (2016-17) 6th Grade League (2016-17) Tonka Middle School Wrestling News Off Season

Select All Tags Clear All Tags

Home of Tonka Wrestling
 Who We Are
 Tonka Wrestling Board

iCalendar Feed:

With the proper tags selected you can link the schedule to your calendar software of choice as follows.

The screenshot shows a website interface with a navigation bar at the top containing links: Home, Calendar, High School, Middle, Tonka Wave, Off Season, Supporters, Archive, and Dibs. Below the navigation bar, there are two calendar entries for 'REGULAR PRACTICE - VARSITY AND JV' and 'WEIGHT CERTIFICATIONS'. A 'CURRENTLY SELECTED TAG(S):' section shows 'MHS Wrestling Team (2016-17)', '9th Grade League (2016-17)', and 'Middle (2016-17)'. Below this are buttons for 'Select All Tags' and 'Clear All Tags'. A list of checkboxes includes 'Varsity Key Stats by Wrestler', 'JV Key Stats by Wrestler', '9th Grade Key Stats by Wrestler', 'Middle (2016-17)', 'Middle (2015-16)', 'Tonka Middle School Wrestling News', 'Tonka Middle School Wrestling Coaches', 'Camps & Clinics', and 'MN Wrestling News Links'. At the bottom, there are links for 'Hide Tags', 'PRINT PAGE', 'SUBSCRIBE TO RSS FEED', and 'SUBSCRIBE TO ICAL FEED'. A red box highlights the 'SUBSCRIBE TO ICAL FEED' link, and a red arrow points from it to a modal dialog box titled 'SUBSCRIBE TO THIS ICALENDAR FEED'. The dialog box contains instructions for subscribing to the calendar feed and a text input field with the URL: `webcal://www.tonkawrestling.org/ical_feed?tags=2421063%2C2808031%2C2808037`.

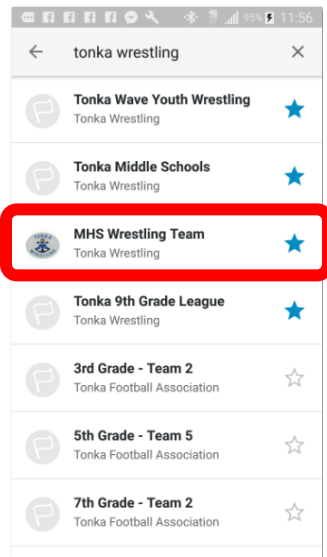
#3: Click subscribe to iCal Feed and follow instructions

App:

1. Download “sportsengine” app from the apple or google stores

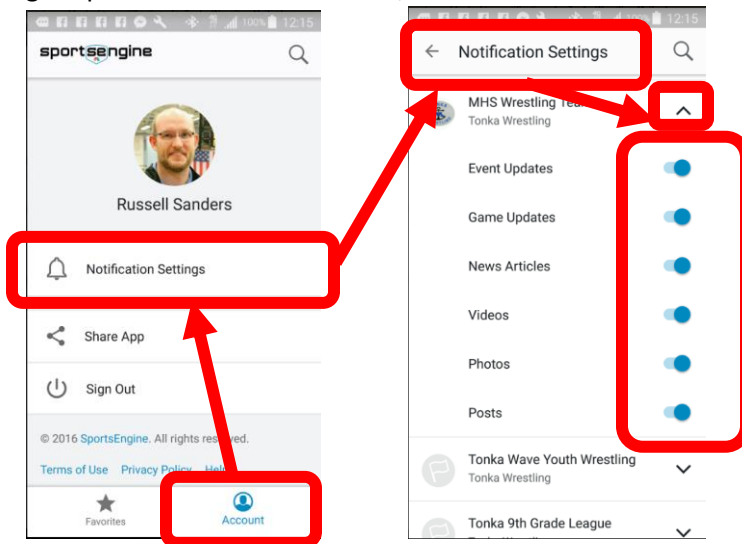


2. If asked, allow push messaging so you get notifications on your phone when schedule changes news articles, or other important messages are sent out.
3. Search for “Tonka Wrestling” and star the MHS wrestling team



a.

4. To configure push notifications later on, use the flow below.

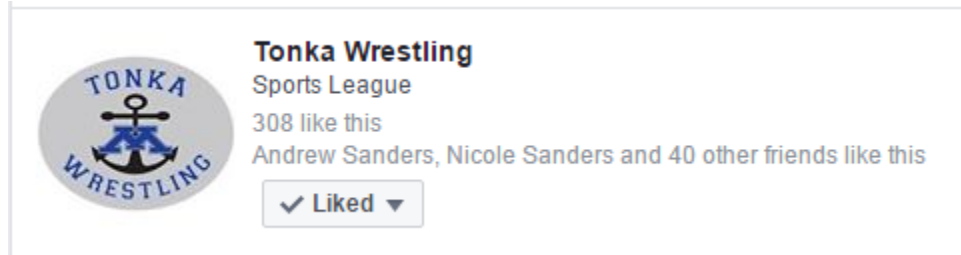


Social Media:

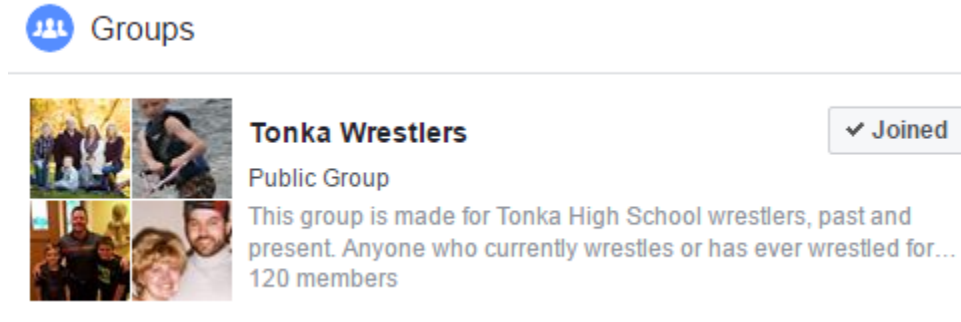


“Tonka Wrestling” and “Tonka Wrestlers”

- **Tonka Wrestling** is meant for everyone and managed by the parent’s group

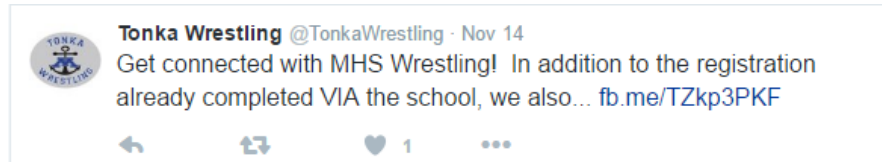


- **Tonka Wrestlers** is meant for wrestlers and alumni

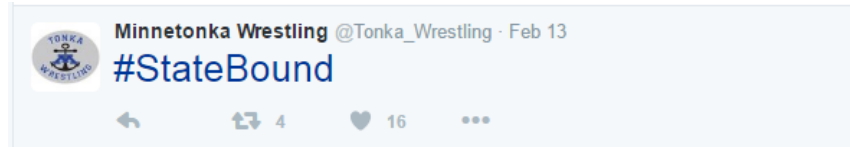


#TonkaWrestling and #Tonka_Wrestling

- **#tonkawrestling** is meant for everyone and managed by parents group



- **#tonka_wrestling** is meant for wrestlers/everyone and managed by Captains



Other Wrestler Led Systems:

- Determined by wrestlers, but traditionally has been “Group me”