

Important dates (take photo or find on website)

- Thursday, November 13th: Concussion baseline testing needs to be completed.
- Monday, November 17th: First day of practice- wrestling room 330pm-530pm
- Thursday, November 20th: Picture day
- Monday, November 24th: Weight certification 5:00pm (must have singlet or 2 piece uniform)
- Wednesday, December 3rd: 1st meet @ Roseville Area High School
- **Thursday, December 11th: First home meet (Teacher/Youth Night)**
- Sat/Sun Jan 10th-11th: Superior HS tournament (overnight trip)
- **Thursday, January 8th: 2nd home meet (Alumni/Senior Night)**
- Wednesday, January 15th: Weigh ins recorded for post season eligibility
- **Friday, January 16th: Ruckus setup**
- **Saturday, January 17th: East Ridge Ruckus**
- **Thursday, January 22nd: Last Home meet (Parent Night)**
- Friday/Saturday February 6th-7th: Indv Girls Sections @ Redwood Valley HS
- Friday, February 13th: Team Sections @ Woodbury HS
- Saturday, February 21st: Indv sections @ St. Thomas Academy
- Wednesday-Saturday 2/25-2/28: MSHSL State Tournament grand casio arena (Xcel)



**MARK YOUR
CALENDAR**



Welcome Parents and
Students!

ONE EAST RIDGE

Sports Medicine

Athletic Trainer: Noah Berg ATC

Team Physician: Scott Pepin M.D.

Concussion Testing on November 13th

- Sway baseline test for every athlete
- Please have your student download the app, the day prior to testing



**SUMMIT
ORTHOPEDICS**



RAPTOR STRENGTH & PERFORMANCE

ABOUT COACH CORY

Role

Head Sports Performance Coach – East Ridge High School – Year 7

Supervisor, Sports Performance – Training HAUS

Experience

- University of Minnesota
- University of Illinois
- Private Training Facilities
- Adjunct Professor @ UWRF-Health & Human Performance

Education

- M.Ed. Applied Kinesiology - Sport & Exercise Science – U of M
- B.A. Exercise Physiology – Gustavus Adolphus College
- Certified Strength & Conditioning Specialist – NSCA

IN-SEASON TRAINING PHILOSOPHY

PERFORMANCE:

- Strength, power, speed, capacity
- Wrestling-specific considerations
- Injury/pain adjustments

RESILIENCE:

- Mobility
- Armor

CONFIDENCE:

- Enhance strengths, improve weaknesses
- Life-long knowledge and skills

ONE EAST RIDGE



About me:

- 6th season as head wrestling coach
- Wrestled at East Ridge 2009-2012
- Club wrestling and division 3 track & field at the University of Wisconsin-Stout
- Counseling/Career Center @ East Ridge High School (5th school year)
- 9th grade assistant football coach, assistant track & Field Coach
- Fun Fact: East Ridges First Varsity Wrestling Captain



- ## 4 Pillars
- Academics
 - Equity
 - Relationships
 - Activities

ONE EAST RIDGE
INDIVIDUAL COMMUNITY



Philosophy and Goals

- **Understanding Goal VS Purpose**
- **How we lead:**
 - Mentorship
 - Encouragement
 - Positive atmosphere
 - **Skills/Personal development**
 - Character
 - Self confidence
 - Discipline
 - Mental toughness



Captains

Voted on by students each Season: (beginning, end, or both)

MUST

Align with program philosophy and goals

Free of or minimal misconduct of any school, league, or team policies

Be a leader to the team both vocally and by example regardless of grade.

Expectations of Coaches

All Coaches are:

- Minnesota State High School League (MSHSL) Certified
- Positive role models to students
- Align with our purpose

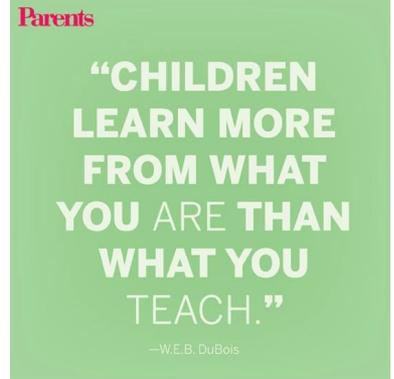


Expectations of Parents

Be respectful to coaches, officials, and athletes.

Be supportive and be engaged

Volunteering: guidelines and signups available



Expectations of players

C average (2.0 GPA to participate)

Representation of East Ridge, East Ridge Wrestling, and the District 833 community.

Represent our school and our team with pride.

Attendance Policy



If a student is absent the day before a match, they will not compete the next day unless agreed upon by parent/guardian and coaches.

Returning to practice from Illness: Students should be symptom free for **minimum of 24 hours** before returning to practice. Please be responsible in monitoring your symptoms.

Unexcused absences: No notification from parent/student 2 hours prior to the start of practice or match.

1: warning 2: suspension from next match 3. Dismissal from the team

Eligibility



Must have a physical on file upon registration (within 3 years)-prior to start of season

Impact testing complete (concussion testing)

Weight certification: Monday, November 24th

Post season eligibility: must have 1 weigh in recorded after 1/15

Practice and meets: must be present for at least half (3 periods) of the school day.

Day after a meet: must be present in 1st in person class of the day.

Cannot have 2 or more failing grades.

Lettering Policy



Lettering Policy: The varsity lettering policy is as follows, students must meet **ALL** criteria

- Must wrestle at least 10 varsity matches OR participate in either team or Individual sections
- Volunteer for at least 3 youth practices
- Be in good Academic standing (at least 2.0 GPA cumulative weighted or unweighted OR tri 2, 2.0 GPA weighted or unweighted)
- Remain with the team through the completion of the season

Practices

*Practice does not
make perfect.*

*Only perfect
practice makes
perfect.*

Vince Lombardi

Monday-Friday 3:30PM - 5:30 PM

School Cancelled due to inclement weather = No practice

Saturday 9:00 AM - 11:00 AM

Early dismissal = Practice at scheduled time

Scheduled no school days : 9:00 AM
- 11:00 AM

Holidays (No Practice)



- Thanksgiving (11/27)
- Christmas Eve (12/24)
- Christmas Day (12/25)
- New Year's Eve (12/31)
- New Year's Day (1/1)
- Martin Luther King Jr. Day (1/19)
- President's Day (2/16) Varsity only

Rosters, Wrestle Offs



Rosters: Two levels: V/JV

Wrestle Offs: Numerous wrestle offs will be held throughout the season. (approx. every 2 weeks)

Postseason: If a wrestler has not beaten another in wrestle offs during the season, that wrestler has to beat the unbeaten wrestler two consecutive times in order to secure a postseason spot.

Uniforms

Uniforms:

Warm ups and singlets are provided, and only to be used during the season.

Shoes and Headgear are wrestlers responsibility. Headgear can be rented if absolutely needed.

Practice: shorts/sweats and tshirt. Regular workout attire

Running shoes: have a pair of running shoes every day.



Schedules and Ticketing

<https://suburbaneast.org/public/genie/19/school/1382/> - filter by sport and each date has an address to search for directions

<https://fan.hudl.com/usa/mn/woodbury/organization/11954/east-ridge-high-school/tickets> - new switch to hudl for ticketing.



Home Events and Volunteering



- Teacher/youth night: **Thursday, December 11th**
- Alumni Night/Senior Night: **Thursday, January 8th**
- **EAST RIDGE RUCKUS: Saturday, January 17th (Looking for volunteers Friday & Saturday)**
- Parent Night: **Thursday, January 22nd**

Volunteers for any or all home meets are always greatly appreciated!

Transportation



Driving to:

Bus/Van provided for meets outside of the district. Bussing is **not** provided for meets within the school district (I.E. Park, Woodbury)

Driver shortage: Parents will be notified 1-2 days in advance if a bus cannot be provided by the district.

Driving home:

Preferred to take bus, but Travel Release forms are available

Matboss and USA Bracketing

- Make sure to use these resources
 - Matboss: Watch film and record stats
 - USA Bracketing: season records, weight management plan, scout opponents
- Make sure I have an up to date email you will use
- Important features/capabilities
 - Watch recorded matches (Matboss)
 - Check stats (Matboss)
 - Note highlights (Matboss)
 - Download and print weight management plan (USA Bracketing)



Communication



teamsnap groupme

Teamsnap: Parent communication from Raptor Takedown Club, and coaches regarding upcoming events and info including special events, meet times, changes, etc.

Groupme: Coaches communication to students regarding practices, meets, early releases, busses, schedule changes, etc.

Raptor Takedown Club

Wrestling Booster Club



- RTC is the Booster membership program that supports East Ridge wrestling - youth through High School.
- We support wrestling in our community by:
 - Financial support for:
 - Coaches - youth and HS assistant
 - Coaches gear
 - Hotel rooms and meals at the Superior Tournament
 - Transportation costs for section tournament
 - Player packs
 - Technology - software, iPads, etc
 - And more!
 - Community building events
 - Promoting the sport of wrestling!

Board Members

President: Tami Fuelling

Vice President: OPEN

Treasurer: Jeff Heinrich

Outreach Coordinator: Kyle Viesselman

Secretary: Ali Balagot

High School Coordinators: OPEN

Social Coordinator: OPEN

Raptor Takedown Club

Wrestling Booster Club



- **Memberships**

- \$250 for an annual membership
- Benefits of membership
 - Weekly communications from the Board with wrestling activities for the week
 - Player Pack for your wrestler
 - Supporting the wrestling program where the school funding falls short
- Membership fees can be made via check or Venmo (@Raptor-Takedown)

- **Upcoming activities**

- December 2nd- Vertical Raise fundraiser kick-off
- TBD - Grocery bagging fundraiser
- January 17 - Ruckus HS tournament - volunteers and donations needed!

Raptor Takedown Club: Value Added

seniors		juniors and below	
senior banner	\$50	superior trip	\$130
senior gift	\$100	gameday fuel (snacks, gatorade, etc)	\$100
superior trip	\$130	player pack	\$50
gameday fuel (snacks, gatorade, etc)	\$100	banquet	\$30
player pack	\$50	parent gift	\$20
banquet	\$30	teacher gift	\$20
parent gift	\$20	registration shirt	\$35
teacher gift	\$20	team posters	\$10
registration shirt	\$35	alumni night gifts	\$5
team posters	\$10	matboss film	\$30
alumni night gifts	\$5	additional coaching staff	\$160
matboss film	\$30		\$590
additional coaching staff	\$160		
total value added	\$740		

EAST RIDGE WRESTLING FUNDRAISER 2025

Vertical Raise: crowdfunding for high school sports

Determine the cause, call to inquire for donations

Student call sheet: due to coach 11/21

Fundraiser kickoff day: 12/2 after practice room 1048 (next to gymnastics)

Fundraising goal \$10,000 - wrestling room renovations, training equipment



Main Contacts

Jon Balagot- Head Wrestling Coach: 651.724.5243, j.balagot_160@yahoo.com ; 6514252350, jbalagot@sowashco.org

Austin Leflay: Varsity Assistant

Martia Fuller- Varsity Assistant

Aedon Oberdorfer: Varsity/JV assistant

William Wilder: Girls Coach & JV Assistant

Sam Christensen- JV Assistant Coach

Nick Perez: JV Assistant

Sara Palodichuk-East Ridge Athletic Director: 651.425.2348, spalodic@sowashco.org



Questions? ERHS Wrestling
website below



Thank you Sponsors!



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