

East Paulding High School – Raiders & Lady Raiders Wrestling

Parent & Wrestling Pre-Season Meeting – September 23rd, 2026

Welcome - Introductions to Coaching Staff

Head Coach - James Chase-Wegner

Assistant Coach – Fabian Ryan

5 Community Coaches – (Most are almost through GHSA and BOE Final Approval - Announce Soon)

State of the Program

CW – Became HC of Both Programs - End of May.

- May – 5 Boys & 1 Girl on Roster
- Wrestling Room Overhaul
- Summer – Averaged 8-12 wrestlers at practices over the summer.
- September – 28, 28, 24, 31 at the last 4 pre-season practices
 - Many new faces, great energy, improving mental toughness with each practice
 - Currently 43 on my unofficial roster... Does not include any new wrestlers from FB or other Fall Sports.
Boys – 30 | Girls – 17 (Hoping these #'s move to 40 Boys and 20 Girls)
 - 12 8th graders practicing and competing with HS program this season. (9 boys & 3 girls currently)
- Complete Varsity, JV, and Girls schedules this season.

Established - East Paulding Takedown Club - 501(c) (3) Non-Profit Status

President – Echo Moore, Vice-President – Erica Guy, Treasurer – Michaela Wilkes, Secretary – Andrea McGill (New Officers Will Be determined in the Spring.)

- Will collect HS and Youth Fees Via Check, Venmo, or CashApp.
- Handle gear & supply purchases.
- Manage financials for K-12 wrestling program.
- Jr. Raiders K-8 Wrestling Program (Official USA Chartered Club)
 - Will compete in both USA and CCYWL Events
 - Currently 21 wrestlers are registered. Registration has been open for a little over a week at this point.

New Communication Channels

- New Website – www.eastpauldingwrestling.com
 - High School Registration – Gear Sizes & Payment Information
 - Jr. Raiders Registration
 - Sponsorship Opportunities
- Social Media – Community Connection, Recruiting, Sponsorships, & Quick Updates
 - Instagram – east.paulding.wrestling & east.paulding.takedown.club
 - Facebook – East Paulding Wrestling
- **Remind App** – Quick Communication with Team
 - **New Class Code - ephswr2627**

High School Fees for 2026-2027

Individual Wrestler - \$500 per wrestler | Multiple Sibling In HS Program- \$450 per wrestler | 8th Grade Girls \$300

Payment may be split into 2 installments - \$250 due by October 11th & \$250 due by November 11th

Wrestlers will receive the following: (Nike Backpack, Dri-Fit T, Combat Shorts, Compression T, & Hoodie)

Fees will include all HS Tournaments & Transportation from HS to events.

Fundraising Calendar available. Post on Social Media & encourage friends & family to support your wrestler reducing your costs.

How Do I Pay My Wrestlers Fees

Prefer to pay by check - Checks can be made to: East Paulding Takedown Club (Email eastpauldingtakedownclub@gmail.com for best way to submit your payment by check.)

When submitting payment through Venmo or Cash App, please include the following information in the payment note:

- Wrestler's first & last name
- East Paulding High School Wrestling

Examples:

Olivia Smith – East Paulding High School Wrestling

or

Jacobi Smith - East Paulding High School Wrestling

Important:

- Including this information helps us correctly apply your payment to your wrestler's registration/account.
- Please do not include sensitive personal information in the payment note.
- Payments sent without the wrestler's name and program may take longer to identify & process.



East Paulding Takedown Club

Venmo

@eastpauldingtakedownclub



Cash App

East Paulding Takedown Club

Cash App

\$eastpauldingtakedown

Is Your Athlete Eligible?

Grades – Must gain 2.5 credits the previous semester and stay on track for graduation. Student athletes must earn 5 credits before sophomore year begins, 11 Credits before Junior year begins, 17 Credits before Senior year begins. All 8th graders and freshmen are eligible.

Rank One – Physical must be completed on PCSD/GHSA approved form within the current calendar year and must be uploaded to your athletes Rank One account. Physical expires one calendar year from the date of the physical and must be updated to stay eligible in Rank One. Complete all additional tasks in Rank One.

Important Dates

- **Hydration Testing – October 10th at 12:30 PM** – Wrestlers should **meet in front of the Marietta High School Gymnasium** and must arrange their own transportation. This mandatory assessment determines the weight classes in which a wrestler may compete during the season and establishes their individualized weight-management (descent) plan. Attendance at this initial Hydration Testin Opportunity is strongly encouraged, as wrestlers cannot compete until hydration testing requirements have been met. Another opportunity may not be scheduled before season begins.
- **Pre-season Runs Through October 14th**
- **Regular Season Practices Begin October 19th** - Monday – Friday
 - Boys 4 – 5:30pm | Girls 5:30 – 7pm
- **Raider & Lady Raider Wrestle Offs – Saturday, October 31st**
- **First Match vs. Rome - November 11th**

Hydration Testing

- **Hydration testing costs \$10 per wrestler (cash only).** Wrestlers must be fully hydrated and will complete an on-site urinalysis. Once hydration is confirmed, they will be weighed and assigned a safe weight-management plan for the season.
- Wrestlers who cannot attend will have a makeup date available, but completing the test early is strongly encouraged. **Wrestlers may not participate in live competition vs. other teams until they have completed and passed the hydration test.**

How does my wrestler earn a Varsity letter?

- Complete full season in good standing. (Attend practices and competitions.)
- Wrestle in a minimum of 15 Varsity matches or win 10 Varsity matches throughout the season.
- Become a Region Placer/Sectional Qualifier
- Must meet attendance expectations.
- Coaches' discretion if injury occurs & Coach believes wrestler would have achieved minimum.
- Senior that wrestles for 4 years in program. Excellent team member in good standing.

Who starts?

- No 8th graders may wrestle Varsity, but they may compete in all JV matches.
- Wrestlers in the same weight class will wrestle off to determine the Varsity starter.
- There is no politics when it comes to lineup spots. Any wrestler in good standing with the team and school may wrestle off. If a freshman beats a senior, the spot is theirs. **The first wrestle-offs will be held on Saturday, October 31st.** Wrestlers must make their weight class weight to compete. An intersquad schedule will be released for October 31st.

- Wrestle-offs will be held at least monthly, or whenever deemed necessary by the coaching staff. Wrestlers may only challenge one spot above their previous wrestle-off finish.
- Coach CW will officiate all wrestle-offs. Teammates will not coach, assist, or cheer against fellow teammates during wrestle-offs.

What to Expect During the Season?

- During dual meets, coaches may adjust lineups and weight classes to give the team the best opportunity for success.
- JV wrestlers will receive matches at dual meets whenever suitable opponents are available.
- Some tournaments limit entries to one Varsity and one JV wrestler per weight class. When necessary, wrestlers will compete in a wrestle-off to determine tournament participants.
- Due to GHSA regulations, 8th grade girls may only compete in scrambles and dual meets. Eighth graders are not permitted to compete in varsity tournaments.
- Both 8th grade boys and girls may also compete with our Jr. Raider Program in USA Wrestling and CCYWL events to gain additional match experience. CCYWL events are optional and feature competition primarily against other 8th graders.
- Our 8th graders will also be eligible to compete on the Middle School Dual Team at the CCYWL Dual Tournament in January.
- Wrestlers must carry their own insurance coverage to participate in CCYWL events.
- USA Wrestling tournaments are available to 8th graders but require the purchase of a USA Wrestling membership card.
- The high school wrestling schedule includes all events the team is expected to attend during the season.

How Does My Wrestler Win or Lose Match?

- Pin (Fall): Hold both shoulders/scapulae to the mat for 2 seconds. A pin ends the match immediately and wins the match.
- Score more match points than your opponent through takedowns, escapes, reversals, and near falls.
- Technical Fall: Gain a 15-point advantage over your opponent.

Summary

The goal is to pin your opponent. If no pin occurs, score points by taking your opponent down (3), escaping (1), reversing position (2), and exposing their back for near-fall points (2-4). The wrestler with the most points wins. Your wrestler's scores and pins give the team points as well.

Weight Classes

Boys - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Girls - 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

Personal Hygiene - Clean athletes stay healthier, miss less time, & help protect teammates throughout the season. Maintaining good hygiene is essential in wrestling and helps prevent the spread of skin infections.

- Wrestling mats are cleaned after every practice.
- Wrestlers should shower as soon as possible after practices, matches, and tournaments using antibacterial soap.
- Avoid attending other activities, going to work, or socializing before showering and changing into clean clothes.
- Using products such as Defense Soap or Dial Antibacterial soap or body wash, along with a shampoo like Selsun Blue, can help maintain healthy skin throughout the season.
- When you get home, place all wrestling gear and practice clothing directly into a designated laundry basket.
- Do not sit on furniture, lie on your bed, or wear practice gear around the house after training or competition.
- Make showering and changing into clean clothes a part of your post-practice and post-competition routine.
- Don't pick at or squeeze pimples. You create an open sore. Let them heal as naturally as possible.
- Scrub cuts and scrapes with antibacterial soap and wash everywhere on your body.

Practice Expectations

Wrestlers

- Be on time and ready to work when practice begins.
- Come prepared with proper gear, water, and a positive attitude.
- Give full effort during drills, conditioning, and live wrestling.
- Treat teammates, coaches, officials, and opponents with respect.
- Communicate injuries, illness, or concerns to coaches immediately.
- Understand that improvement comes from consistent attendance and effort.
- Missing practices and or poor behavior in school will lead to suspension from or dismissal from the team.
- 3 Strike Rule – Do not miss 3 practices without Coach approval. Use Remind to communicate if you need to leave school for sickness unexpectedly.
- Take care of your personal Hygiene. All wrestlers should wash with Dial Antibacterial soap at a minimum. Do not wear dirty practice clothes. Communicate skin issues with coaching staff immediately.

Parents

- No parents in room during practice unless they are booster club officers doing work for the coaching staff.
- Ensure athletes arrive on time and are picked up promptly.
- Encourage commitment, discipline, and sportsmanship.
- Support team rules and expectations.
- Help athletes maintain academic eligibility and healthy eating and hygiene habits.

Communication With Coaches

Wrestlers First - This teaches responsibility, leadership, and self-advocacy.

- Wrestlers are encouraged to speak directly with coaches regarding:
 - Match performance
 - Lineup questions
 - Practice concerns
 - Personal goals

Parents

- Contact coaches regarding:
 - Safety concerns
 - Academic issues affecting participation
 - Family emergencies
 - Questions about team policies

Mat-Side Etiquette

Wrestlers

- Remain focused on your match and your team.
- Support teammates positively.
- Stay in designated team areas.
- Show respect to officials and opponents at all times.
- No taunting, profanity, or unsportsmanlike conduct.

Parents and Spectators

- Cheer positively for all athletes.
- Do not coach from the stands, but cheer on your wrestler.
- Do not address officials during or after competition.
- Allow coaches to communicate with wrestlers during matches.
- Display good sportsmanship regardless of the outcome.
- Remember that wrestlers are students first and competitors second.

Program Philosophy

We expect wrestlers to be disciplined, coachable, respectful, and accountable. We expect parents to be supportive partners who encourage effort, growth, and sportsmanship. Together, we create a positive environment where student-athletes can develop both on and off the mat.

How Do You Measure A Good Season?

My definition of a successful season goes far beyond wins and losses.

If our athletes commit to preseason training and arrive prepared for the season, we are having a successful season. If every wrestler works to reach and exceed their potential, we are having a successful season. If our wrestlers look forward to practices, competitions, and opportunities to spend time with their teammates, we are having a successful season.

If our 8-11th graders finish the season excited about their future in the sport and eager to participate in Freestyle, Greco, summer practices, and offseason dual meets, we are having a successful season. If our wrestlers are taking care of their academics, staying out of trouble, and making the choices necessary to remain part of the program, we are having a successful season.

Most importantly, if wrestlers, parents, and coaches all do their part, this program will be significantly stronger a year from now than it is today.

The accolades, medals, and wins will come. This season is about building a love for wrestling, developing discipline and mental toughness, mastering technique, increasing match IQ, and creating a culture where our wrestlers genuinely want to be in the room, work hard, improve, and enjoy an incredible sport.

If we focus on the process and culture, the results will take care of themselves.



IRON SHARPENS IRON, SO ONE MAN SHARPENS ANOTHER.

EAST PAULDING HIGH SCHOOL RAIDER WRESTLING

31-DAY CALENDAR FUNDRAISER

Help support our athletes with team fees!

Family and friends can choose a day on the calendar
and donate the amount of money that matches that day.

Example: Day 12 = \$12 donation.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



**THANK YOU FOR SUPPORTING
EAST PAULDING WRESTLING!**





EAST PAULDING HIGH SCHOOL



DATE	DAY	EVENT NAME	LEVEL	LOCATION	TIME
NOVEMBER					
11	W	DUAL V. ROME	V/JV/G	EAST PAULDING HS	5:30pm
18	W	QUAD V. SPRAYBERRY	V/JV/G	SPRAYBERRY HS	5:30pm
21	S	KNIGHT TOUGH INVITATIONAL	V/JV/G	EVANS HS	9am
DECEMBER					
4	F	DALTON CARPET CLASSIC	JV/G	DALTON HS	5:30pm
5	S	DALTON CARPET CLASSIC	V	DALTON HS	9am
11	F	KNIGHTMARE B4 CHRISTMAS	JV	RIVER RIDGE HS	5:30pm
12	S	KNIGHTMARE B4 CHRISTMAS	V/G	RIVER RIDGE HS	9am
18	F	PAULDING COUNTY CHAMPS	V/JV/G	NORTH PAULDING HS	3:30pm
19	S	ALEXANDER INVITATIONAL	V/JV/G	ALEXANDER HS	9am
29	T	ROCKMART INVITATIONAL	JV/G	ROCKMART HS	9:30am
30	W	ROCKMART INVITATIONAL	V	ROCKMART HS	8:45am
JANUARY					
2	S	NORTH COBB SCRAMBLE	JV/G	NORTH COBB HS	9am
8	F	GIRLS REGION DUALS	G	CAMPBELL HS	TBD
9	S	BOYS REGION DUALS	V	NEW MANCHESTER HS	TBD
12	T	DUAL vs. HIRAM *Senior Night*	V/JV	EAST PAULDING HS	5:30pm
16	S	SPARTAN DUALS	V	CAMPBELL HS	9am
18	M	WOODSTOCK SCRAMBLE	JV/G	WOODSTOCK HS	9am
22	F	BURNT MOUNTAIN CLASSIC	V/JV	PICKENS HS	5pm
23	S	BURNT MOUNTAIN CLASSIC	V/JV/G	PICKENS HS	8:30am
29	F	BOYS REGION IND. CHAMPS	V	HARRIS COUNTY HS	TBD
30	S	GIRLS REGION IND. CHAMPS	G	NORTH COBB HS	TBD
FEBRUARY					
5	F	GIRLS SECTIONAL CHAMPS	G	HOUSTON COUNTY HS	TBD
6	S	BOYS SECTIONAL CHAMPS	V	HARRIS COUNTY HS	TBD
10-13	W-S	GHSA STATE CHAMPIONSHIP	V/G	Clayton County Convocation Center	TBD

Wrestler Name: _____

Grade: _____

Team (Circle One)

Raiders | Lady Raiders

Cut Preferred (Circle One)

Mens | Womens

Expected Weight Class (Circle One Or Two If Between Weights Currently)

Boys - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Girls - 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

Gear Sizes

Dri Fit T: (Fit as Expected)

AXS AS AM AL AXL AXXL

Compression Top: (Go Up a Size)

AXS AS AM AL AXL AXXL

Fight Shorts: (Fit as Expected)

AXS AS AM AL AXL AXXL

Hooded Sweatshirt: (Fit as Expected. Suggest going up a size.)

AXS AS AM AL AXL AXXL