

# River Falls High School Wrestling

## Registration Checklist – Read This First

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Every document referenced in this page is available for download at <http://riverfallswrestling.org/Docs>. If you have any questions, please immediately call or contact a coach.

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### HOW TO REGISTER:

- Physical Cards:**
  - If you are an incoming freshman (grade 9) or incoming junior (grade 11), you must have a medical physical examination. You will need to fill out and sign the physical card. Schedule and get your physical done well in advance. Do not wait until the last minute to schedule a physical. Do it now.
  - If you are an incoming sophomore (grade 10) or incoming senior (grade 12), you will need to fill out and sign the alternate-year physical card.
- Signature Page:** All athletes must sign the last page of the high school handbook. This page is called the high school handbook signature page.
- Activity Fees:** See the specific district activity fees sheet for particular dollar amounts; note there is a maximum (capped) amount per family per season. Checks made to River Falls High School.
- What you need to do:** bring your signed physical card, signed signature page and activity fees to the River Falls High School (818 Cemetery Road) activities office. After doing this, you are a registered River Falls High School Wrestler for this season.

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### BRING TO PARENT INFORMATION NIGHT:

- Coach's Information Form:** this form is used for additional personal, emergency, contact and family information.
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### PRE-SEASON READING CHECKLIST

- Wrestler Code of Conduct**
- High School Notes**
- Weight Management Article**
- WIAA Wrestling Regulations**
- Why Wrestle Freestyle?**