

# *Seward High School*

*A Northwest Accreditation Association Member School  
Kenai Peninsula Borough School District*



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Wrestlers and Parents!

Mr. Scervo here. I want to just catch you up on a few things to keep you in the loop. I was officially hired last week as the Head Wrestling coach, and am SO excited to have the opportunity! ASAA has suspended all sports that have not begun (wrestling included) until **AT LEAST JANUARY**. I will let you know more as things develop.

2020 is going to be somewhat of a strange season, as it is a strange time. BUT I can tell you that I am overjoyed to see that you're all interested in the sport of wrestling and being part of the team.

Later, I will more formally share my coaching philosophy with you as well as my thoughts, goals and expectations for the team during practice and at a parent meeting after we're in season. For now though, I just want to *congratulate* you on putting your name down on the sign-up sheet, and for taking that challenging first step! The sport of wrestling is extremely challenging and equally rewarding. I would love to see all of you commit to the program and surprise yourselves this season. I can't wait to see you build self-confidence and be proud (and aware) of what you can accomplish. Wrestling can change your life. Both physically and mentally it will build a toughness in you that I have found nowhere else. As they say, after wrestling- everything else is easy.

**Welcome.**

I see the postponed season an opportunity for us to have a *pre-season*. Which is a great time to talk about making gradual, sustainable life changes to be healthier. Areas like nutrition, time management, team building, and physical training will be our focus during this time.

I would like to start getting together OUTSIDE roughly once a week for team building and light workouts after we're back in school. I would also like to start to facilitate some conversations about nutrition and overall wellness for athletes.

**\*NOTE: NONE OF THIS IS REQUIRED.**

We will, of course, follow all protocols within our COVID mitigation plan when doing any of these activities. I think it is of the utmost importance that we stay connected, start to build our team community and start to get into shape- plus we'll have a great time.

I so look forward to getting to know all of you as head coach and I can't wait until we can get started,  
If you need anything- please, don't hesitate to email or call/find me in the office.

Sincerely,

Coach Scervo

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