



Friends of Capo Wrestling,

Capo Wrestling has a place of prominence in the history of Capo Valley High School and Orange County Wrestling at large. The wrestling team was the first ever sport at Capo to win a South Coast League title; Capo finished as state runner-up in 1988; several league titles in the 90's and 2000's; 2 individual state titles; 9 state medalists; 24 Master's medalists; 15 CIF champions; 72 CIF medalists. We are working hard to continue and build upon that winning tradition that so many who have gone before us have helped to build.

We currently have much to celebrate:

- Sea View League Champions in 2016
- Approximately 55 wrestlers on our team
- A returning CIF Champion **and NHSCA All-American**
- We have had a CIF Champion in each of the past 3 seasons
- We have had at least one CIF medalist in each of the last 8 seasons
- 7 returning CIF qualifiers
- A girls wrestling team
- A robust K-8 youth club--40 strong in 2016
- A year-round training program at the high school and youth levels, and
- A high school coaching staff of 6 coaches, youth club staff of 6

This is just a partial list.

Building a powerhouse program is the result of a legion of committed people. As we are fond of saying, "many hands make the load light." We have been blessed thus far with an awful lot of hands, yours included.

We will continue to pursue excellence in building this program. We want Capo Wrestling to be something that everyone can be proud of. Our goals for this season include:

- Winning a South Coast League title.
- At least 12 individual CIF qualifiers (9 last year)
- At least 6 individual CIF medalists (2 last year, one returning)
- Top 3 team in CIF
- At least 2 state qualifiers, and 1 state medalist (our last state medalist was Brian Lemay in 2001)

Your donation will help cover the cost of many expenses that our program needs to provide every year to make the program run, and expenses to build the program on top of that, including:

- \$3,500 for tournament entry fees
- \$700 for insurance, USA/SCWAY club charters, and coach paperwork clearance fees
- \$4,500 for coaching stipends
- \$3,500 for food and lodging for post season tournaments
- \$8,000 for off season travel budget to national level events (NHSCA Nationals, for example)
- \$13,000 for a new mat and to get our current mat resurfaced
- \$4,500 for t shirts and team uniforms (singlets, sweat top and bottoms)
- \$1,000 for guest clinicians
- \$1,800 for action pics, team head shots for the gym varsity display, and media promotion (poster/program guide)
- \$1,000 to send members of coaching staff to coaching clinics/educational events
- \$5,000 for off-season club and camp scholarships for low-income wrestlers who earn it
- \$4,000 for reward gear and t shirts for outstanding attitude and effort

Our goal is to raise \$55,000 to cover the above, other costs that arise during the season, and to set us up for financial security next year. **With over half our team on free or reduced lunch, fundraising within our team can be a challenge.**

We hope to make you proud to be a Cougar and we ask you to play a role in the future of the program by joining the alumni association and/or our “takedown club.” More information is on the next page. Note that for membership in each level, you receive package items for your membership. We truly appreciate your support, and we will continue to work diligently to build Capo Wrestling.

Thank you for your support. Together we grow.

Rich Bordner, Head Wrestling Coach

Jeff Mays, Booster Club President

CVHS WRESTLING ALUMNI ASSOCIATION

Membership levels:

- Alumni Club membership: \$35
- Takedown membership: \$125
- Tech-fall membership: \$250
- Pin membership: \$500

For Alumni Club membership, you will receive:

- Capo Wrestling T shirt (can pick it up at the alumni dinner, alumni dual, or any other dual.)
- Alumni dinner free (\$15 cost for non-members)
- 1 home dual meet ticket (all alumni get in free for the alumni dual, so you can use this ticket for another dual)

For Takedown membership level, you will receive:

- 1 ticket to all CV Wrestling 2015-16 home dual meets
- Front row seat at all 2015-16 home dual meets
- CV Wrestling "Takedown club" polo
- 1 ticket to CV Wrestling end-of-the-year banquet
- Color business card size ad on 2015-16 program guide***
- "Shout out" spotlight for your business on our Facebook page, Instagram, Twitter, and our website

For Tech-fall membership, you will receive in addition:

- 2 tickets to all CV Wrestling 2015-16 home dual meets
- 2 tickets to CV Wrestling end-of-the-year banquet
- Half page color size ad on 2015-16 program guide****

For Pin membership, you will receive in addition:

- 4 tickets to all CV Wrestling 2015-16 home dual meets
- 4 tickets to CV Wrestling end-of-the-year banquet
- Full page color size ad on 2015-16 program guide***
- Thank you plaque, with team picture

***If donation made after Nov 15, the ad will be placed on next year's program guide

You can make a donation and obtain membership in 3 ways:

- 1) Check: Make checks out to "CVHS Wrestling Booster." Write "alumni club" on memo. Send to: Capistrano Valley High School, C/O Rich Bordner Wrestling, 26301 Via Escolar, Mission Viejo, CA 92692.
- 2) PayPal: click on left sidebar button of our website, capovalleywrestling.com. Type in "alumni club" in memo.
- 3) Debit/Credit card. Request and fill out authorization form and send to above address. You may also make a debit/credit card donation at our snack bar.

THANKS FOR HELPING TO BUILD CAPO WRESTLING!