

WRESTLING PRACTICE CHECK LIST:

Each day you will be expected to wear a clean set of workout clothes. Listed below are some guidelines to help you decide what you are going bring to practice each day.

WRESTLING GEAR:

- Wrestling shoes—if you do not have wrestling shoes, you will be able to wrestle with socks until you are able to purchase.
- Athletic shorts—please make sure that you are not wearing any garment that has zippers or buttons, etc.
- T-shirts—short-sleeved with no pockets or buttons, zippers, etc.
- Sweat pants/sweat shirts are acceptable, but we want to be able to move freely and not be too overheated in the wrestling room.
- Headgear—need help ordering, click on this link: [recommended headgear](#)
- Mouthpiece—this is mandatory if wrestler has braces—top & bottom mouthpiece if braces are present on top & bottom.
- Kneepad(s), and any other gear necessary.

REMEMBER TO:

It is important for wrestlers to exhibit good hygiene. Please follow the guidelines below to help aid in this process:

- Clip your fingernails.
- Shower/bathe after each practice.
- Wash your gear as well—wrestling shoes, headgear, kneepads, etc.

If you want some extra tutorials as to some of the skin protection techniques, please refer to the following link to a free webinar from the National Wrestling Coaches' Association website:

<http://www.nwcaskinprevention.com/webinar/home.asp>

