

Wrestling Requirements For Parents

1. Completed Signup form either online or hard copy turned in at first practice. Valid phone numbers and email addresses are essential for emergency contact of parents.
2. Payment made by second practice of season.
3. A copy of your wrestler's birth certificate.
4. Signed waiver and medical forms.

NOTE: Singlets are RENTED. Singlets are very expensive to replace. Please do not modify singlets in any way. Please return your singlet no later than the end of the season party.

Equipment needs:

1. Gym Shorts with no buttons or zippers. (required)
2. T-shirt. Preferably an under armor type material (required)
3. Wrestling shoes (required)
4. Head gear (optional)
5. Mouth piece (optional)
6. Soft knee pads (optional)
7. Water or Gatorade with wrestlers name written on it. (required)