

Wrestling Practice Guidelines

Basic Info

Children must wear wrestling shoes. Please, no street shoes on the wrestling mat.

Children must wear shorts or sweatpants and a t-shirt. Shorts or pants with a zipper or any metal or plastic are not permitted. Children are permitted to wear long sleeves.

Please keep your child's fingernails trimmed. Referees check them before each match for safety reasons. If a wrestler's hair extends past their ears or into their eyes that wrestler must cover their hair.

Bring a water bottle or sports drink. Wrestling is a physically demanding sport and your child will be thirsty.

Conduct

No talking while a coach is talking. This rule applies to everyone in the wrestling room.

All wrestlers are expected to be respectful of at all times. This means not only showing respect to all of our coaches, but also other wrestlers.

No cursing, talking back, or bullying will be tolerated in the wrestling room.

No horseplay.

Wrestlers should help each other wherever they can. More experienced wrestlers are expected to help less experienced wrestlers.

Older wrestlers need to remember they are role models. They must set a good example to our younger wrestlers at all times.

Expectations

Wrestlers will get all of their homework done immediately upon getting home from school. No excuses. You are expected to arrive on time for practice.

JV/Varsity Wrestlers are expected to make it to practice 3 days a week.

Wrestlers will work hard to improve their skills every practice. All wrestlers must understand the following: You get what you put in! If you want results, you have to work very hard.

Every wrestler will set goals at the beginning of the season. They will not only set goals for wrestling, but for academics as well.

Parents are expected to support their children. This not only means positive reinforcement, but pushing your child to go that extra mile. This is a hard sport to excel in without the proper motivation from both coaches and guardians. Coaches only have the ability to motivate children during practice, matches, and tournaments. Parents play a big role in each wrestler's development.