

Care & Treatment of Uniforms

Wash singlets in **COLD water** and **HANG dry** (DO NOT DRY IN DRYER). This will help keep the uniforms in good condition.

DO NOT WEAR uniforms during practice; they are to be worn for **tournaments only**.

Other Equipment & Clothing

Wrestling shoes are encouraged, but not required. If you have wrestling shoes, **do not wear them outside**. If you choose to wear regular tennis shoes, please bring them, **do not wear them outside**. This will help prevent sand/dirt on the wrestling mats.

Headgear is not required but **strongly encouraged** to wear during practices and tournaments.

Practice clothing should be shorts/sweatpants and t-shirts. (Gym type clothing.) Please do not wear jeans, belts or items with buttons.

Please be sure to clip your child's nails at least once a week.

No jewelry should be worn.

Be sure to shower after **EVERY** practice and/or tournament.

