



RB WRESTLING

Info for Parents

General Info:

- Wrestlers are required to wear athletic shorts and t-shirts to practice (no baggy t-shirts or shorts with pockets)
- Practice schedules and updates will be emailed out regularly
- Competing in tournaments is encouraged but not required
- We **DO NOT** require wrestlers to cut weight (if your wrestler desires to compete in a lower weight class at a tournament, both parent(s) and coaching staff must first discuss and agree on decision)
- Headgear and singlets are not required for practice, only for tournaments
- Team singlets are available for purchase through RB Wrestling Booster Club
- Parent volunteers may be needed throughout the season for tournaments

Safety & Hygiene:

- Mouthguards are required for wrestlers with braces
- Recommend having your wrestler wash hands before and after practice
- Wrestlers are expected to shower as soon as they get home from practice (see soap/bodywash recommendations farther below).
- Wrestlers must wear clean practice clothes to each practice. Do not wear the same clothes to consecutive practices without washing first.
- Wrestlers must not wear wrestling shoes off the mat (must wear street shoes or sandals to and from practice)
- If your wrestler is sick, we respectfully request that you do not bring them to practice to prevent spreading it to others
- Notify coaching staff of any pre-existing serious medical conditions (IE: concussions, broken bones)
- If you believe your wrestler may have a skin irritation (IE: ringworm), please contact coaching staff
 - Ringworm is a fungus (*not a worm*) and is a form of athlete's foot on other parts of the body
 - It is preventable thru following the basic hygiene tips above (showering, washing clothes etc)
 - Several over the counter prevention measures are available:
 - DEFENSE Bar Soap or Shower Gel (see: www.wrestlingmart.com/wrestling-skin-care)
 - Selsun Blue or Head & Shoulders "Clinical Strength" shampoo
 - Any soap or bodywash with Tea Tree and Eucalyptus oil as main ingredients (these are natural oils that clean and prevent bacteria/fungus)