



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)
- Headgear and Singlets are not mandatory for practice, only for tournaments
- Practice schedule changes and/or updates will be emailed out regularly
- Competing in tournaments is required (unless away due to family trip/vacation, school activity or other extracurricular activity)
- We ***DO NOT*** require or encourage wrestlers to cut weight (*if your wrestler desires to compete in a lower weight class at a tournament, both parent and coaching staff must first discuss and agree on decision*)
- Parent volunteers will be needed to help run home tournaments held at RBHS (help needed at snack bar, entrance table, timekeepers, score keepers, set up and tear down)

Safety & Hygiene:

- Wrestlers must not wear wrestling shoes off the mat (must wear street shoes or sandals to and from practice)
- 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.
- If your wrestler is sick, we respectfully request that you do not bring them to practice to prevent spreading it to others
- Coaching staff will notify parent of any injury incurred at practice or tournament
- If you believe your wrestler may have a skin irritation (IE: ringworm), please contact coaching staff
- Our mats are brand new and are cleaned 2x daily during the season with professional grade antimicrobial cleaner so it is typically poor hygiene habits that cause athletes to catch something
 - Ringworm is a fungus (*not a worm*) and is simply a form of athlete's foot on other parts of the body
 - It is preventable by following the basic hygiene tips above (showering, washing clothes etc)
 - Several over the counter prevention measures are available:
 - DEFENSE brand bar soap or body wash (see: www.wrestlingmart.com/wrestling-skin-care)
 - Selsun Blue or Head & Shoulders Clinical Strength shampoo