***THINGS TO EXPECT FOR WRESTLING TOURNAMENTS***

* Before you leave your house do an equipment check.
	+ Wrestling shoes, Headgear, warm ups and Singlet. (Camera or Camcorder)
	+ Girls need hair cover (Swim Cap)
* Clip your child’s finger nails down or they will not be able to wrestle until this is done.
* Be on time for weigh-in because if your late you child will not wrestle or no refund will be given.
* If they are close to their weight, please don’t feed them until after weigh-ins.
* After weigh-ins you may leave to go to get something to eat but please make sure you are back in time for your child to warm up and do not let them eat a large meal or they will get sick on the mat.
* We will meet at the tournament location school for weigh-ins unless told differently from the coaches.
* Please check the website under the Schedule tab for the address location and weigh-in times.
* Bring a breakfast snack for after weigh-ins and pack a lunch for you and your family.
* Seating may vary from school to school so you may want to bring a lawn chair or bleacher seats if needed.
* Count on being there from at least 6 am to 1 pm or 3 pm depending on the weight of your child. They normally wrestle the little kids (“Tots”) first then go up by weight.
* Your child should be guaranteed at least two wrestling matches per meet, maybe even 4 or 5 depending on how many kids are in their bracket.
* After weigh-ins find your team and or coaches and we will all sit together as a team.
* We will warm up on the mats as a team.
* We will line up from tallest to shortest for the National Anthem.
* Please keep your entire child’s gear together or it will be lost or possible stolen.
* Make sure your child lets the manager April know if they won, loss or pinned their opponent so we can keep track of it for future awards.
* Please don’t allow your child run around or wander the area. The team needs to stay together.
* Please check out with the coaches as your child finishes their matches before you leave.
* If you see one of our teammates getting out of control, please help us out and let them know to keep their hands to themselves and sit with their teammates. We can use all the help that we can get.
* Do not yell at the refs if a call doesn’t go our way, let the coaches handle these types of issues. Please lead by example and be a good role model for all of our children and bring any issues you may have to the coaches to handle.
* Most of all let’s all have fun!