



READY TO WRESTLE

What You Need to Know to Be Prepared
for Practices and Competition Days

✓ BEFORE YOU CAN PARTICIPATE

There are no tryouts or cuts from the wrestling team. In order to join the any Yorktown sports team, including wrestling, a physical performed by a doctor needs to be turned into the activity office. Once you have been cleared by the activities office you are eligible to participate.

✓ AT THE BEGINNING OF THE SEASON

In order to continue to participate as the season begins, all athletes at Yorktown need an impact test with the school. Students are tested in 9th and 11th grade. This impact test will serve as a baseline if an athlete gets a head injury. In case of injury, the wrestler would take the impact test again. Comparing test results to the baseline would determine if the athlete can return. If you have never had an impact test, then you are also required to take the test regardless of grade. If you completed impact testing for a fall sport you are not required to retake it in the winter. Additionally, in order to compete every wrestler must be weight class certified by the athletic trainer. This is wrestling-specific and will require the athlete to be hydrated, weighed and BMI measured.

✓ SCHOOL-ISSUED EQUIPMENT

The school will supply the equipment required to compete, which will include a singlet, headgear and knee pads. We recommend that you purchase your own headgear and knee pads to suit their desired fit as the school will only offer one option. Wrestling shoes are not provided by the school. If a family cannot afford the other equipment required please contact the coaches and arrangements can be made. Mouth guards are required for those wrestlers who have braces but we encourage all wrestlers to wear one.

✓ WHAT YOU NEED FOR PRACTICE

Wrestlers need their wrestling shoes, a clean set of workout clothes (preferable sweat pants and a long sleeve shirt), head gear, water bottle and mouth guard.

✓ WHAT YOU NEED FOR COMPETITION DAYS

Wrestlers will need all of their competition gear. This includes their singlets, warm ups, wrestler shoes, mouth guards, knee pads, headgear and whatever they need while wrestling on the mat. It is recommended that all wrestlers bring a lunch bag with some healthy snacks and beverages. In addition to competition clothes a fresh pair of street clothes is also required to wear to and from the competition.

RULES OF THE WRESTLING ROOM

- Be on time for practice.
- Be prepared to practice and quickly get dressed out.
- Have a positive attitude.
- Ask questions in order to enhance your learning of the sport.
- Be active listeners when receiving instruction – not lying down, or leaning against the wall.
- Be respectful of your teammates and coaches.
- NEVER wear wrestling shoes outdoors.