

Gear

For daily practice:

Shorts

Tee Shirts

Warm ups or Sweats (recommended) for the Track

Wrestling Shoes

Running Shoes for the Track

Head Gear (Ear Guards)

Wrestling hair cover (if you have long hair) must be integrated with head gear this year.

Water Bottle (old large juice container or milk jug works great) with your name on it.

Mouth guard (if you have braces or other dental appliances)

If your practice gear gets smelly, Borax works great.