

TIPS FOR PARENTS

Before our match:

- Read our schedule & confirm host site and arrival time
- Top team is the host team (where the match will take place)
- Make sure nails are trimmed (wrestlers can't wrestle if their nails are too long)
- If your wrestlers have hair longer than ears make sure that it is braided or under a wrestling cap (Wrestlers may not be able to wrestle if their hair is deemed too long. Do not use any clips, bobby pins, or anything else metal or plastic to tie back hair.)
- Make sure you have your gear (singlet, shoes and headgear). If you don't have a uniform let Coach Tye know ASAP.

The Day Of:

- Arrive at location dressed in singlet, team shorts, and team sweatshirt. Make sure you have your wrestling shoes and head gear in your team bag and check in with a coach. **(If you don't check in you won't get any matches)**
- The meets can last a few hours. You can bring snacks and/or water with you. Normally the host location will have a snack stand set up. If you would like to purchase pretzels, pizza, Gatorade, etc. try to bring lower denomination bills.
- Pack books, games, etc. to help pass the time in between matches. Dress in layers (the matches are normally held in gymnasiums, so it may not be warm at first)

How do the matches work?

- Once all teams check in with the host they will work on setting up matches based upon age, skill level, and weight. Once the match list is finalized it will be provided to each team.
- Your coaches will write each wrestler's match numbers and mat numbers on the wrestler's hands for easy reference.
- You may be given matches on the same mat all day long, or different mats. Orient yourself with where each mat is and what your numbers are.
- If you are match number 15 and they are currently wrestling at match number 11 you should start to make your way to the mat and check in with your coach on that mat. You are considered "in the hole" if you are two matches away and "on deck" if you are one match away.
- Each wrestler has to check in at the table. When the wrestlers get out onto the mat they will have to put a band around their ankle (normally one will be green and one will be red, and the color will be assigned by the mat officials). These bands are used so the mat officials can easily keep track of which wrestler gets which points.
- It is normal to see tears shed (by wrestlers and/or parents) during and after a match win or lose. Wrestling is a high intensity sport and emotions run high. (Bring your tissues just in case)

- Once the match is over the wrestlers should shake hands, remove the bands from their legs, place them back on the mat, shake the hands of the opposing coach and then go talk to their own coach for feedback.
- There are times that matches may end up being back to back, but they are normally spaced out, so grab a snack, use the bathroom and try to relax before your next match.
- A match may end quickly in a fall (pin), and the coaches may elect to continue to let the wrestlers wrestle for experience. However the match will be recorded based on the initial results.
- Generally only officials, coaches, and wrestlers should be on the mats. Please feel free to watch your wrestler's matches from the edge of the mat, and encourage your wrestlers to watch and support their team members.