

Mount Olive Junior Wrestling

Practice/Match Requirements

Practice Attire:

1. Sweat pants, shorts, T-shirt or singlet
2. Wrestling Shoes are REQUIRED
3. Head-Gear is REQUIRED
4. Soft cup protector is recommended
5. No jewelry (earrings, chains, etc.)
6. No Boxer Shorts – supportive underwear is required.

Match Attire:

1. Singlet
2. Head-gear
3. Warm Up/Team Uniform
4. Wrestling Shoes
5. No Boxer Shorts – supportive underwear is required.
6. No jewelry (earrings, chains, etc.)

Misc.

- Please bring a water bottle to all practices & matches.
- Parents are welcome to stay and observe practices but are expected to be courteous to coaches and stay clear of the mats.
- Only Coaches are to be on the mats during practices & matches.
- Fingernails must be kept short.
- No street shoes on the mat...No exceptions!