

CENTENNIAL TITAN WRESTLING

WRESTLING TOURNAMENT CHECK LIST:

WRESTLING GEAR:

(Pack all of this the night before if possible)

- Wrestling shoes, socks, appropriate undergarments, singlet, shorts, T-shirt, sweat pants, sweat shirt, headgear, mouthpiece (mandatory if you have braces), kneepad(s) (optional), and any other gear necessary. Warm-ups can eventually replace the sweats.
- Towel, soap, shampoo.
- Change of clothes for after wrestling.
- Toothbrush & Toothpaste—it is good to brush a couple times during a long day of wrestling to help combat “cotton mouth”.

FOOD/DRINK:

- Healthy snack/energy food such as power bars/energy bars.
- Fruit, such as oranges or bananas.
- Sandwiches or sandwich meat, bread, etc.
- Sport drink such as Gatorade or PowerAde, Water!!
- Any food needed for energy that will not cause cottonmouth or heartburn. It is important to replenish your energy but to do so without eating too much so that you do not become lethargic.

REMEMBER TO:

- Clip your fingernails.
- Shave if necessary (men only, I hope).
- Cut hair and sideburns to appropriate length (men, again).
- Watch & inspect your skin for any irregularities (skin diseases).

There usually is a snack bar or concession stand at most events, however, they are typically overpriced and do not have a good selection of healthy foods from which to choose.