



Devil's Gate Wrestling Club

Practice Information and Requirements

Parents and Wrestlers,

We ask that you please visit our website at www.devilsgatewrestling.org prior to our first practice and check in regularly for the latest announcements, tournament and practice scheduling. In order to keep our practice room safe and sanitary we ask that wrestlers meet the necessary hygiene requirements and have the basic wrestling attire to participate in practice.

Practice Uniform Requirements:

Note: We require certain uniform standards to participate in wrestling practice sessions. Ideally, we would like all wrestlers to wear long sleeve rash guards and fight shorts which the Club has available for purchase. This is the best gear for preventing spread of skin infections (like ring worm), reduces chances of snagging fingers on loose fitting clothing and allows unrestricted movement.

Alternatively, wrestlers may wear common athletic clothing meeting the following requirements.

1. T-shirts (No pockets)
 - a. Must fit true to size (Are not baggy or extra long)
 - b. Devil's Gate T-Shirts will be provided after the first week of practice which can be worn at practice
 - c. We recommend bringing a spare shirt to change into after practice (They'll be sweaty!)
2. Basic Athletic Shorts (No Pockets)
 - a. Must fit true to size (Are not Baggy or extra long)
 - b. No Zippers or drawstrings
 - c. Shorts should not extend below the knee
3. Basic high support compression shorts (to be worn under warm ups or shorts)
 - a. Wrestlers may practice in compression shorts in place of shorts
 - b. Boxers or briefs do not provide adequate support and should not be worn in lieu of compression shorts
4. Wrestling Shoes
 - a. Discount wrestling shoes can be found online at the following stores.
 - [Big 5 Sporting Goods in Glendale](http://www.big5sportinggoods.com)
 - www.wrestlingmart.com
 - www.eastbay.com
 - www.wrestlinggear.com
 - b. Wrestling shoes must be true to size. It helps to be able to try them on at a store.
 - c. Note: For sanitary reasons **DO NOT** wear wrestling shoes off the wrestling mat, we do not want gum or dirt being tracked onto the wrestling mat.

5. Basic Running Shoes
 - a. Please arrive wearing basic athletic running shoes (NO Vans/Skateboarding Shoes)
 - b. We will often do a warm-up run before we start practice
6. Knee Pads
 - a. Common volley ball type knee pads work fine for wrestling
 - b. There are wrestling specific knee pads available thru the online retailers previously listed
7. Head Gear
 - a. Head gear helps protect wrestlers ears from impact and injury. Most wrestlers don't like to train with head gear but it is required during some competitions. We will have several different types available to try out before purchasing one. Fit is important especially for younger or smaller athletes.

Practice Hygiene Requirements:

Note: We will not allow wrestlers to wrestle if they do not meet the hygiene requirements. We want to protect everyone from skin rashes/infections that often occur with contamination and sweat on the wrestling mat. We always mop and sanitize our wrestling mat before the start of every practice. It is important that our wrestlers respect our hygiene requirements. We require that wrestlers arrive to practice clean, so please make sure they shower each day and after practice. *Studies have shown that if athletes shower within 45 minutes after practice they can virtually eliminate the risk of acquiring skin infections.*

1. Shower
 - a. Once immediately after practice (to prevent any skin rashes/infections)
 - b. Wrestlers should bring a shower towel and soap if they wish to shower before or after practices in the boys locker room
2. Keep Hair Short
 - a. Normal hair cuts are fine (buzz cut preferred but not required)
 - b. Long hair to be tied back or braided or held in an appropriate wrestling hair net
 - c. Long hair can increase the chance of skin rashes/infections and is a distraction
3. Trimmed Finger Nails
 - a. Must have trimmed finger nails
 - b. We recommend keeping a nail clipper in a dedicated wrestling bag
4. Clean Clothes
 - a. All wrestling clothing MUST be washed after each practice
 - b. Keep an area at home to allow sweaty clothing and gear to dry out if it cannot be washed right away
 - c. Soiled clothing will can cause skin rashes/infections
5. Wrestling Bag
 - a. The bag should have room for shoes, knee pads, nail clippers and other gear.
 - b. All garments in the wrestling bag should be washed after each practice even if they were not worn. The bag itself should be periodically washed as well