**Preparing for Practice**

**What to pack in your gym bag:**

**Sports Shorts, T-Shirt, Sneakers, Wrestling Shoes, Head Gear, Knee pad, Towel, Soap, Lock**

**Pre Practice Snack (Possible Options) - Sports Nutrition Bar (Zone, Balance etc...), Banana, Yogurt, Ensure, Peanut butter and jelly sandwich.**

**\*\*Also drink at least 8 ounces of water before practice\*\***

**Generalized Practice Agenda:**

**2:50-3:05- Go to the boy’s gym locker room in the high school and dress for practice.**

**\*\*\* Lock all items in a locker and Test the Lock!\*\*\***

**Do NOT share combinations with others. Coaches will not be responsible for stolen items.**

**\*\*Be on your best behavior in the locker room\*\***

**Any valuables (Wallets, Cell Phones etc…) can be brought to the wrestling room and given to coaches to secure until the end of practice.**

**Proceed directly to wrestling room for announcements and warm up by 3:10…do not be late. If you need to see the trainer, tell the coach first.**

**\*\*No wrestlers should be in the wrestling room without Coach Supervision\*\***

**3:20-3:30 Warm Up in the Wrestling Room**

**3:30-5:10- New Technique/Drills/Live Wrestling/Conditioning**

**5:10-5:25-Showers-Mandatory to prevent skin infections**

**5:30- Activity Bus in back gym lobby—do not go through the gym due to basketball practice**

**Parent Pick up-Door/Parking Lot below the Stadium**

**It is expected that all wrestlers will be picked up by 5:40 at latest.**