



WRESTLING CHECKLIST

UNIFORMS & APPAREL

Uniforms

- o Singlets
- o Compression Shirts
- o Compression Shorts
- o Team Shoes
- o Team Bags
- o Team Socks

PRACTICE APPAREL

- o Compression Shirts
- o Compression Shorts
- o Practice Singlets
- o Board Shorts
- o T-shirts
- o Shorts
- o Socks
- o Ankle Bands

TEAM APPAREL

- o Warmups
- o Sweatshirts
- o Sweatpants
- o Hats/Caps
- o Knit Caps
- o Slides
- o Pullovers

COACH'S APPAREL

- o Polos
- o T-Shirts
- o Pants
- o Shoes
- o Sweats/Hoodies
- o Pullovers
- o Jackets/Fleece

SPORTS MED

- o Braces
- o Padded Protection
- o Arm Sleeves
- o Athletic Tape
- o Pre-Wrap
- o Cold Packs
- o Trainer Bag
- o First Aid Kit
- o First Aid Kit Refill
- o Disinfectant
- o Gym Wipes
- o Heart Rate Monitors

GAME EQUIPMENT

MEET EQUIPMENT

- o Competition Wrestling Mat
 - **NFHS requires a min. 38'x38' mat w/ min. 28' wrestling circle and 5' boundary area**
 - **NCAA requires a min. 42'x42' mat w/ min. 32' wrestling circle and 5' boundary area**
- o Practice Mat
- o Mat Tape 3" or 4"
- o Scale
- o Scoreboard
- o Ankle Bands
- o Wrestling Mat Transporter
- o Mat Cleaner/Disinfectant
- o Water Bottles/Carrier

REFEREE GEAR

- o Jersey
- o Whistles
- o Watch/Timer

PLAYER GEAR

- o Headgear
- o Knee Pads
- o Wrestling Shoes

COACH'S GEAR

- o Scorebooks
- o Whistles
- o Lanyards
- o Megaphone
- o Stopwatch
- o Clipboard
- o Coach's Board

TRAINING

- o Grappling Dummy
- o Weight Room Equipment
- o Jump Ropes
- o Resistance Training
- o Speed and Agility Training

STORAGE

- o Mat Transporter
- o Mat Storage Rack
- o Equipment Bags
- o Laundry Bags
- o Locks

HYDRATION

- o Cooling Fans
- o Drink Station
- o Gatorade
- o Heat Index Meter
- o Water Bottles/Carriers
- o Water Coolers