

FOUNTAIN INN RECREATION

JUNIOR FURY

WRESTLING

What to wear? Tshirt and Shorts are great for practice along with wrestling shoes and headgear. Bring your tennis shoes along with your wrestling shoes each practice. Only wear your wrestling shoes on the wrestling mat, change out of them before and after practice.

What if my child is sick? Do not come if you are sick! Wrestling involves close contact with others; an illness isn't something that we want to share!

What is expected of my wrestler? Have Fun! First and foremost wrestling should be fun for everyone.

Respect the practice room: Do not jump on, hang on, or crawl up or run into the mats on the walls. This will cause the mats to fall down or tear and that will cause us to lose our practice room.

Make sure to clean your shoes off on the cleaning mat before you step on the wrestling mat. It is very important to try keep as much dirt off the mats.

Make sure to be at least 5 mins early to practice and 10 mins early for matches to check in and make sure we are ready to go with shoes on.

BE A GOOD SPORT ALL THE TIME. If we win or lose it does not matter, we have to be gracious to our partner, opponent, and coaches. We want to win and lose by being a good sport and being respectful at all times. Make sure to listen to coaches at practice, pay attention, and keep your eyes on them.

WORK HARD: Give your best effort every time and get 1% better each time.