

Alaska Middle School Wrestling: Pre-Competition & Practice Checklist

Required Paperwork & Forms Prior to Practice

- ✓ [Physical Exam](#) completed by a Doctor and submitted to the school/team
- ✓ [Concussion Form](#)
- ✓ [Sudden Cardiac Arrest Form](#)
- ✓ Signed parental consent form (provided by school)
- ✓ Emergency contact information on file at school
- ✓ Proof of insurance (if required by the school)
- ✓ Code of conduct agreement signed by athlete and parent

Mandatory Wrestling Gear

- ✓ Wrestling shoes (proper fit, non-marking soles)
- ✓ Headgear (required for ear protection)
- ✓ Team-issued singlet or approved uniform (often provided by school or club program)
- ✓ Mouthguard (mandatory if wearing braces)
- ✓ Personal hygiene items (soap, shampoo, towel)

Suggested Wrestling Gear

The items on listed below are not mandatory but are suggested for the safety of our middle school athletes.

- ✓ Clean Practice clothing daily (compression shirt & shorts, or team gear)
- ✓ Knee pads (optional but recommended)
- ✓ Athletic bag for carrying gear
- ✓ Water bottle for hydration

Hygiene & Health Requirements

- ✓ Shower immediately after practice & competitions
- ✓ Keep fingernails trimmed short
- ✓ No contagious skin infections (ringworm, impetigo, etc.)
- ✓ Clean wrestling gear after every use
- ✓ Skin check before each competition (coach or medical staff)

Competition Readiness

- ✓ Attend all required weigh-ins to compete
- ✓ Make weight class without extreme dieting
- ✓ Know match rules and scoring system
- ✓ Understand team expectations & strategy
- ✓ Good sportsmanship and respect for officials & opponents
- ✓ Adequate sleep and proper nutrition before matches
- ✓ Positive attitude and willingness to compete

Parental Preparation

- ✓ Be aware of tournament schedules and locations
- ✓ Arrange transportation for practices and competitions
- ✓ Support and encourage effort over outcome
- ✓ Volunteer for team events, fundraising, or travel assistance
- ✓ Stay informed about team communications
- ✓ Help ensure a balance between school, sports, and rest

By following this checklist, wrestlers can ensure they are prepared, safe, and ready to compete at their best!