

# GIRLS WRESTLING COMPETITION CHECKLIST

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE 10/ 2019

1. CLEAN uniform, double check your gear bag.
2. Undergarments: No thongs under singlets. They do show and are not appropriate for competition use. **Know the rules**, you must wear undergarments that completely cover your buttocks.
3. Consider purchasing a High Neck or High Cut Sports Bra. **Know the rules**, you must wear a sports bra that completely covers your breasts during competition. Check for online resources.
4. Ear Protection - Adjust it the way you like it before you arrive at the competition site.
5. HAIR - **Know the rules**, if your hair is long remember your elastic hair ties and hair cover. **Know the rules**, elastic bands stored on wrists can cost you a point. Bring extra hair ties just in case.
6. NAILS - **Know the Rules**, sharp nails are dangerous to you and your opponent. Nails should be trimmed short with no sharp edges.
7. CLEAN Knee Pads and Mouth Guards (for Braces)
8. Check Your Calendar GIRLS!!! Bring everything you need to manage your period. Always bring extra. Your teammates will appreciate you being prepared.
9. SHOWER - Reduce Skin Infection. Bring a towel, soap, shampoo and a clean set of clothes.
10. Don't forget your WINNING attitude (The four B's): Believe in Yourself, Be A Risk Taker, Be on the Attack, Be a good Teammate!!

Maintain an appropriate and legal appearance. The conversation about you should be focused on your great wrestling and athleticism, not your attire.

[Packing Your Bag for Competition Day -](#)

<https://www.luchafit.com/blog/insight-into-the-art-of-preparation?rq=packing>

Check with your coach to discuss other items that should go into your gear bag like your student ID, nutrition/hydration items, and homework.

**Stay on those books! Wrestling doesn't pay the rent  
but your education will.**

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