

First day of practice Check list:

- 1) Be on time to Norwalk High School -5:45PM sharp!
- 2) All registration paperwork must be filled out and turned in to Eva Bartush- including
 - 2015-2016 information and emergency contact sheet
 - USAWCT insurance form
 - Signed Code of Conduct – (both parent and wrestler must sign the code of conduct)
 - Payment(do not hand paperwork or payments to the coaches)

No one will be allowed on the mat without proper paperwork and payment

- 3) Bring a full Water bottle.
- 4) Tight fitting T-shirt (Performance shirt if possible)
- 5) Shorts (No baggy shorts, pockets, Zippers, cargo shorts, Velcro or denim jeans of any kind)
- 6) Provide contact emails, team texting blasts options and sign up for Facebook (optional) for team and practice information.
- 7) Wrestlers must read the “code of conduct” on the wrestling room wall.
- 8) Shower and scrub directly after practice. (Make this a routine)
- 9) Make sure your workout gear is cleaned daily.
- 10) Report any injury no matter how minor to the head coach.
- 11) Mats are mopped and sanitized daily- NEVER wear street shoes on the mat-EVER.
- 12) Notify the head coach if practice is going to be missed for any reason by a wrestler.
- 13) Parents- Have a private talk about any medical issues (Inhalers-allergies etc.) with the head coach after practice or by email or text. (All conversations are confidential)

By the 4th practice on October 23rd wrestlers will need:

- 1) Their own Wrestling shoes
- 2) Their own fitted Head gear
- 3) A mouth guard if you wear braces- (USA Wrestling, Ct and team rule)
- 4) Wrestlers will help set-up and break down mats.
- 5) Wrestlers- Be engaged and start contributing to the team by helping to get practice started on time

Parents- If you want to volunteer for any team activity please see Daina Donohue or email her at dainadonohue@sbcglobal.net or text or call at 203-943-9147.

If you have any questions, issues or concerns with the team, the best time to address these questions is after practice, try not to engage the coaches in long conversations before practice as room set-up time and monitoring of the kids prior to practice is very important.