



GIRLS PRACTICE CHECKLIST

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE 10/ 2019

1. Remove all jewelry and piercings before practice.
2. Long hair is braided or secured **before** warm-ups begin. Have back-up (no metal) elastic hair ties ready.
3. NAILS - Sharp nails are dangerous to you and your teammates. Nails should be trimmed short with no sharp edges.
4. CLEAN Knee Pads and Mouth Guards (if wearing braces)
5. SHOWER - Reducing skin infection requires a proper shower directly after practice. Bring a towel, soap, shampoo and a CLEAN set of clothes. Girls with long hair, lift up your hair to scrub your neck and near your hairline.
6. Check Your Calendar GIRLS!!! If you will be on or close to your period be prepared. Check out [LuchaFit.com](https://www.luchafit.com/blog/managing-your-period-at-a-tournament) for handy tips on competition day.
<https://www.luchafit.com/blog/managing-your-period-at-a-tournament>.
7. Wear a sports bra and t-shirt during practice. No tanks or crop tops.
8. Proper Bottoms for wrestling are thick tights, sweat bottoms, mid-thigh shorts with compression shorts underneath.(NO RUNNING SHORTS).
9. Wrestling Shoes
10. Don't forget your POSITIVE ATTITUDE!!!

Girls Wrestling Resources:

LuchaFit.com - <https://www.luchafit.com>

Wrestle Like A Girl - <https://wrestlelikeagirl.org>

USA Wrestling - <https://www.teamusa.org/USA-Wrestling>