All Wrestlers required for practice

1. Wrestling Shoes (no tennis shoes, hard sole shoes or bare feet allowed on the mat)
2. Head gear
3. Mouth guard (braces only required)
4. Head cover (long hair only)

All Wrestlers required for matches

1. Wrestling Shoes (no tennis shoes, hard sole shoes or bare feet allowed on the mat)
2. Head gear
3. Singlet (provided by Germantown Wrestling)
4. Hoodie (provided by Germantown Wrestling)
5. A good attitude
6. Have fun

If you have any questions ask the staff