

Required Wrestling Equipment

To find success in wrestling practice and competition, the following equipment is required:

Workout Clothes -

We will provide each wrestler with one t-shirt and one pair of shorts. The rest is up to you. All workout clothes must be navy blue, orange, white, grey, or black. You will need multiple clean sets ready at all times. Clothes are not to be worn more than once before laundering. Workout clothes must be laundered at home. We can only wash towels for you.

- **T-shirt** (long or short sleeved – personal preference). No tank tops. No loose-fitting shirts where hands, finger, feet can get wrapped up in and injured.
- **Comfortable shorts, workout tights, or sweatpants.** Loose-fitting pants are not allowed.
- **Suitable clean undergarments.** Ladies are highly encouraged to wear a sports bra.
- **Socks.**
- **Wrestling shoes.** We have loaner pairs for new wrestlers and for emergencies. We recommend shopping for wrestling shoes on the internet instead of at Academy as the internet will be more reliable for you.
- **Properly fitted headgear.** Headgear is provided by the program. You are welcome to provide your own during practice, but the school issued is required in competition.
- **Optional sweatshirt.** More than two layers not allowed. We prefer a sweatshirt without a hood or pockets for practice.
- No plastic, rubber, or vinyl clothes allowed.

Competition Equipment -

- **Workout clothes** (see above).
- **Clean clothes** for return home.
- **Singlet** – provided by SLHS
- **Mouthguard** for any wrestling with metal dental work on the outer surface of the teeth. The mouth guard must cover the outside of the teeth as well as the biting surface of the teeth. If you have metal dental work on the top and bottom

teeth, both sets must be covered. This is not provided by SLHS. The internet and/or Academy is great for this. Mouthguards are encouraged for all wrestlers at all times including practice, but mandatory by NFHS rules for anyone who meets the above criteria.

- **School issued warm up top and bottoms.** We do not allow personal gear at competition events. You wrestle for Seven Lakes during the competition season and will therefore represent the team at events.
- **Undergarments** must cover the entire front of the groin as well as the entire buttocks (NFHS rule).
- **Sports bras** are required for all female wrestlers. Multiple straps are not allowed. Clasps, hooks, or metal are also not allowed.
- **Arm and leg sleeves without a pad are illegal.** All braces and/or pads must be soft on the outside and approved ahead of time.

Please read the entire Wrestlers' Handbook on our team website under the Handout section.