

Gator Wrestling



“We Build Champions”

First Practice Is Monday, 10/23/23

@ 3:30 in the wrestling room

ALL ATHLETES will need the following in order to practice on Monday Oct. 23rd:

- **A current physical on file** (no physical = no practice) *See coach Eichfeld in 1101 if you need a physical form*
- **Wrestling shoes** (This is not optional. These are available online or at an athletic outlet store – Hibbets, Dick’s, etc.) **No shoes = No practice!**
- Practice clothes:
 - Boys (recommended)
 - Compression shorts
 - Athletic shorts (to go over the compression shorts)
 - Tee-shirt (can-not be loose fitting)
 - Socks
 - Extra shirt/shirts (we will sweat through these and you may want to change during practice)
 - **Girls (required)**
 - Compression shorts or tights/leggings (*Athletic shorts **MUST** be worn over tights or compression shorts*)
 - Athletic shorts
 - Sports bra and compression top (or a tight-fitting shirt to go over your bra)
 - Tee shirt (can-not be too loose but not skin tight)
 - Socks
 - Extra cover tee-shirt
- The following **CANNOT** be worn during practice (this is due to safety issues and to protect the wrestling mat which costs \$10,000.00):
 - Bare feet/socks (no shoes = no practice)
 - Jeans, shorts, or any type of clothing that has zippers or rivets
 - Tennis shoes
 - Tank tops
 - Loose fitting clothes
- Gym bag with items to shower after practice
 - Showering after practice is not optional. We provide soap and towels. If you do not shower at the school you must shower within 1 hour of the end of practice at home to prevent the spread of communicable skin disorders such as staph, impetigo, ringworm, cellulitis, and skin herpes.
 - It is recommended that you transport your dirty clothes and wrestling shoes in a separate bag from where you carry your practice clothes.

If you have any questions please contact Coach Eichfeld via text at (912) 258-3634