**Tournament Day Logistics**

**Transportation** - is provided by bus to all school tournaments/ matches. Meet in the Mat Room

**Weigh-in** - Coach will weigh you before leaving Foster and again at the meet, when you first arrive. After weigh-ins, you can eat (nothing greasy) and drink as much as you like.

**Warm-ups** - You will need to get warmed-up and stretched-out after weigh-ins (as a team and individually).

**Tournament begins** - Each tournament will start at a different weight class. Coach will let you know who is up first. For individual tournaments there may be up to three different gyms in use and you have to watch the score tables for your bout number to come up. Wait for your Weight Class - Coach is usually busy at this time with other matches. So, have someone help you stretch/warm up and listen for your name/weight class to be called. An experienced teammate can help you out, BUT YOU MUST ASK!! They will be glad to help, but like all teenagers they don't volunteer information unless asked.

**The Match** - When called, proceed to your bout number (there can be up to 10 mats in three different gymnasiums going at the same time). Report to the scoring table, for your bout number, and check-in. Keep warming up until your match begins. Walk to the middle of the match shake hands, get ready to go!

**After the Match** - Sit with your teammates and root for your team. It may be up to two hours until your next match, so grab something to eat (only healthy foods to help fuel your day) and relax. Repeat - If you are winning, you may wrestle four or more times in a day, so plan your food and drinks accordingly.

**Info** - some tournaments are two days, usually Friday and Saturday. Friday's usually start around 3:00PM - 10:00PM. Saturdays usually begin with weigh-ins at 7:00AM and last till 8:00PM (bus usually leaves at 6:00AM). Leaving the Tournament - We prefer wrestlers to stay the entire length of the tournament to support their teammates. If a wrestler must leave early, please inform coach as soon as possible, and try to keep this to a minimum please

**Wrestlers – What to bring**

**Shoes** - wrestling shoes and flops/tennis shoes

**Warm-ups** - provided by coach

**Mouth-guard** - (optional, Top and Bottom mandatory with braces and they must completely cover the braces)

**Singlet** - Provided by coach

**Extra pair of socks** - after four or five matches they will be pretty wet

**T-shirt** - to put on when not wrestling

**Headg**ear - Required

**Money** - for food and drinks or bring your own

**Food and Drinks** - fruit and snacks(no chips/greasy food), you'll be hungry between matches and after weighins.

**Entertainment** - iPod, PSP, books, etc. Lots of down time throughout the day. There is usually someone sitting there to watch your belongings while you are wrestling.

**Note from Parents** - If your parents will be picking you up (i.e. no bus ride home). Coach will need a note from your parents with your name and stating that your parents/other parents (names included) will be driving you home. Coach has to have a body count + notes to make sure he comes home with the correct number of wrestlers. If you don't have a note, you will come home on the bus.

**Bleacher seat** - if desired, highly recommended for parents as well.

**Cell Phone** - with other wrestlers phone numbers programmed in the memory, in case you get lost.