



Competition Checklist

River City Wrestling



Competition Checklist

1. BE ON WEIGHT.
2. CUT Fingernails.

Pack the following items in your wrestling bag the night before a match:

1. Wrestling shoes
2. Headgear
3. Singlet
4. Warm-up attire (River City shirt and shorts)
5. Water bottle
6. Food
 - a. Peanut butter and jelly sandwich (or peanut butter and honey)
 - b. Fruit (banana, apples, oranges, etc.)
 - c. Granola bars

NOTES:

