

EQUIPMENT

Provided by the SBCPRD :

- *Team jersey*
- *Head Gear*
(return at end of season)

Provided by Parents:

- *shorts*

GYM RULES

1) ABSOLUTELY NO DRINKS_*are allowed in any gym!*
This includes bottled water.

2) ABSOUTELY NO FOOD *is allowed in any gym!*
This includes gum and packaged snacks.

3) ABSOUTELY NO SMOKING *is allowed in any gym!*

4) **ALL PARENTS *must remain off of the wrestling mats during practice/games except in the case of an injured players.*