

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

**3) ABSOLUTELY 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 player.**