

What you need for tournaments/meets CHECK LIST

- Team bag
- Team warm up top
- Team warm up bottom
- Team Singlet(s)
- Headgear (adjusted)
- Wrestling shoes
- Athletic Socks
- T-shirt/Long Sleeve to wear under the warm up top (bring extra)
- Training Shorts to wear under the warm up bottom
- Towel (must bring to the corner for every match)
- Food for the day
- Water bottle with water
- Jacket (gym can get cold)
- Student ID (for US base destinations)

Tournament Tips

Clip your nails properly a day or two before

(For high school only) Be on weight or little under, the day before

(For high school only) Check weight on the day before the meet and adjust

Get a good night sleep

Eat quality food for athletic performance for breakfast (if you are under weight for high school)

Bring quality food for athletic performance.

See nutrition website for more information on nutrition:

<https://sites.google.com/smis.ac.jp/wrestling-nutrition/resources>

It's a long day: bring school work, book to read, music, etc... something you can take your mind off wrestling in between your matches and be productive

Warm up well before your matches