

WRESTLING CHECKLIST

UNIFORMS

- Game Singlet
- Practice Singlet
- JH Uniforms
- Practice Pack
- Travel Gear
- Head Gear
- Knee Pads
- Face Guard
- Shoes
- Socks

TRAINING

- Jump Ropes
- Weighted Jump Ropes
- Agility Ladder
- Step Hurdles
- Medicine Balls

GENERAL SUPPLIES

- Ankle Bands
- Scorebooks
- Whistles/Lanyards
- Stop Watches
- Water Bottles
- Water Bottle Carrier
- Mat Straps
- Mat Tape
- Mat Cleaner
- Body Wipes
- Sani-Cloth Wipes
- Gatorade