

# **TOLEDO TOUGHMAN**

## **Fighter Information**

(2 pages)

### **Itinerary**

**There is a mandatory fighter weigh-in 7 pm, Thursday, March 22, 2018 at:**

**Toledo's Main Street Bar & Grill**

**141 Main St.**

**Toledo, OH 43605**

Be there by 7pm. Have a valid I.D. – This will take several hours, to plan on being there for a while. They serve food, and it's a family environment. Bring your family and friends.. WIOT will have a live remote and the Media will be there. it's a good time. Discount tickets will be available for purchase as well.

For those who registered for \$50, You will still have the opportunity to upgrade registration the night of the Weigh-in. The extra \$100 will score your 4 ringside tickets. This offer expires the night of the weigh-in.

#### **Friday, March 23<sup>st</sup>**

- You will need to be at the Lucas County Rec Center, Hall II by **5 pm.**
- Family or trainers can come in at this time.
- We will have check in, then give roll call
- You will see the doctor, and they will give you a checkup and green light to compete.
- Once you see the doctors, you **ARE NOT** allowed to leave the building. Doing so could lead to disqualification.
- At 6:15, the bulding will be swept and EVERYONE except fighters, officials and event staff will need to exit the building. They will need a ticket to re-enter at 6:30 once the gates open.

#### **Saturday, March 24<sup>th</sup>**

- Returning fighters and those competing in the Champions Division will need to be to be back to the Rec Center by **6 pm.**
- The same procedure will be followed as the night before.
- At 6:15, the bulding will be swept and EVERYONE except fighters, officials and event staff will need to exit the building. They will need a ticket to re-enter at 6:30 once the gates open.
- Fighters eliminated on Friday night are allowed to enter free of charge. Anyone with them will be required to have a ticket.

# Equipment and gear

**TOUGHMAN** will supply the Gloves and Head Gear. Gloves are 16 oz.

## What you NEED to bring:

- Valid Identification.
- Mouthpiece (and any sporting goods store for as cheap as \$2)

## Recommended

- Athletic Protector with Cup – If not worn, girdle with kidney protector will be supplied.
- Sport shoes – Tennis, Crossfit, wrestling, boxing shoes recommended. You are allowed to fight barefoot.
- Towel
- Bottled Water (for hydration before and after event)
- Jacket
- Food. Something to snack on before and to eat following your bouts.

## Optional

- Hand Wraps
- Roll of 2" gauze
- Roll of 1" tape

Hand wrapping is allowed. Gauze and tape can run in between fingers, but is not allowed across the front of the knuckles. Entire hand and wrist can be wrapped and taped.

Keep in mind that while this is a competitive event, have fun! Respect your opponents, the other competitors and those with them. Work together. Also remember that **your safety is the number one concern** of your local promoter, Toughman personnel, the Corner Men, Referees, Doctors and EMT's.

**If you have any questions, call Brad McDonald at 419-514-6395**