

What to bring on match day

- Competition Gear: Singlet, headgear, wrestling shoes, and a mouth piece if you have braces
- North Marion Wrestling Warm Ups: Wear clothes to warm up in that say “North Marion Wrestling”!
- Towel: It is important that wrestlers shower immediately after they are done competing for the day.
- Hydrate: It is important that our wrestlers are continually hydrating after weighing in, and throughout the competition day. Sip throughout the day! Don’t chug!
Examples include...
 - Water
 - Gatorade
 - Fruit juices
 - PowerAde
 - Pedialyte
- Snacks: Bring healthy food. Some examples would include...
 - Power bar
 - Crackers
 - Healthy sandwiches
 - Fruit cup
 - Granola bar
 - Peanut butter and honey on a bagel