

Equipment Needed

-Jr. High Club Team 2009-2010

Wrestling shoes - Each boy/girl will need wrestling shoes. It is a huge disadvantage without them. They can be purchased online or at sporting goods stores. Dick's sporting goods seems to have the best selection. The typical cost is \$30 - \$80.

Singlet – A red singlet will be needed for the Jr. High season. We recommend that you get an EVWC singlet . If you'd like an East Valley Wrestling Club singlet, they can be purchased for about \$40. Contact LeAnn Goff for all clothing/uniform needs.
lgoff@pmi.edu C. 480-5164258

Headgear – The Jr. High's now require that headgear be worn at all tournaments. Headgear protects the ears. This can also be purchased online. They generally cost around \$10-\$20.

USA Wrestling Card – These are not required at Jr. High tournaments to get in. Our club **requires** them so we fall under the USA Wrestling insurance umbrella. They are purchased online at themat.com. See our link on Parents Guide. The card will cover your wrestler into the Freestyle and Greco season. (starts in Feb) Cards are required for those tournaments.

USA Wrestling Coaches Card – If you are interested in helping at tournaments. You can purchase a coaches card online for \$35, & \$17 for the background check. (valid for 2 years) We welcome any adult that would like to help with instruction at practice as well. We will be having a coaching clinics (through out the year) to certify any interested parents.