

Date: December , 2011
To: Parents of Wrestlers
From: AJHS Coaches
Re: Grooming/Uniform Items

Parents,

As we get closer to the start of our regular season meets, the wrestlers are going to be subject to rules regarding grooming related items and uniform requirements. Specifically, there are guidelines that must be followed with respect to hair length, fingernails and footwear. We have already started to train the wrestlers on what they can expect with regard to these matters. However, we also want to make sure that you know what to expect.

Basically, hair cannot come below the earlobe on the sides, or below the top of an ordinary shirt collar in the back. In addition, the hair in the front must not come below the eyebrows, in it's "natural state". Issues with hair will require the hair to be cut to meet standards or, the wearing of a head covering (many wrestlers use the Lycra swim cap- **cannot be rubber**). Excess facial hair needs to be removed (this, typically, is not a concern at our level).

Finger nails need to be trimmed so that they do not cause a hazard with respect to "scratching" anyone during competitions. Compliance with this also eliminates the "scratching" issue during practices as well. No jewelry can be worn when wrestling (necklaces, earrings etc.)

With respect to shoes, wrestling shoes are to be worn during meets that have the laces covered (where they are tied). This prevents shoes from coming untied during the matches. Many types of wrestling shoes have a strap as part of the shoe construction for this purpose. If you can't find, or chose a shoe without this feature, the laces can be taped to comply. There is no official requirement related to what shoes are worn during practice, but typically, the wrestlers wear their wrestling shoes for that as well.

If you have any other questions, please feel free to contact the coaches.

See you at the meets!

The AJHS Wrestling Coaches