

Hustle & Muscle Mat Club Parent/Wrestler Competition Checklist

Dear Parents:

Thank you for joining the Hustle & Muscle Mat Club this season!

We have given careful thought to everything you and your child will need this season. If you have any questions or cost is an issue, please let me know. I will also need two parent coaches to assist me at every practice and meet. Please let me know if you can assist your child and the club by helping coach our young athletes.

Parents: Please make sure you and your child have the following:

1. Current H&M Registration Form _____
2. USA Wrestling Card; List H&M Mat Club as your club _____
3. Check to MCYWL for \$75.00 _____
4. Wrestling Shoes _____
5. Athletic Shorts _____
6. H&M T-Shirt _____
7. Wrestling Headgear _____
8. Mouth Guard (required only if your child has braces) _____
9. No glasses, watches, bracelets or jewelry of any kind _____
10. Hair and Fingernails trimmed in accordance with rules _____
11. Water Bottle _____
12. Snack _____
13. Please review the Athlete/Parent Code of Conduct _____
14. Read Youth Parent Guidelines Packet _____
15. Review MCYWL Rules _____
16. Schedule of Practices and Wrestling Meets _____
17. Watch Video of Youth Wrestling Match _____
18. Transportation to/from matches at Walt Whitman _____
19. Transportation to/from practices at Saint Albans _____

20. Parents Who Coach – In addition to the above, please make sure you do the following:

- a. Review H&M Coaching Expectations _____
- b. Wear Athletic Attire _____
- c. Obtain USAW Coach Card _____
- d. Fill out a Current H&M Coaching Form _____
- e. Read MCYWL Rules _____
- f. Review Novice DVD from Coach Long _____
- g. Volunteer to Videotape Matches _____
- h. Volunteer to keep the Score Book _____