

Itinerary for Home Duals (Non Double-Duals)

Kamiakin High School – 600 N. Arthur Kennewick, WA 99336

- **2:20pm**
 - o School gets out, everyone goes into the wrestling room to check weight. When a coach verifies that you are on weight, you may leave. If you are overweight, you need to stay and work out until you are on weight.
- **4:30pm**
 - o Everyone is at Kamiakin, moving mats and setting up in the main gym.
- **5:00pm**
 - o Weigh-ins. *Coaches will not know if a JV wrestler has a match until after weigh-ins and coaches have met with the opposing coaches. After we have set up all of the JV matches, we will notify wrestlers so that they can inform their parents.*
 - o Make sure you are clean shaven and your nails are cut.
 - o If you have braces, you must have a mouth guard.
 - o If you have long hair, you must have a hair net.
- **6:00pm**
 - o JV starts
- **7:00pm**
 - o Varsity starts
 - o After the last match has been wrestled, we will meet as a team, then release wrestlers for 5 minutes so that they can chat with family. After the 5 minutes, we will tear down the mats and run them downstairs. After the last mat is brought into the wrestling room, wrestlers may leave.

What to bring:

- Make sure that you have the appropriate singlet, warm up top, head gear, shoes, and any other necessary gear.
- Pack a nutritious after weigh-in meal. Pedialyte if you are cutting weight. Easily digested carbohydrate-rich foods such as pretzels, bagels, sandwiches, and sports bars and, especially, carbohydrate-rich liquids that empty rapidly from the stomach to provide the energy need for competition.

During the dual:

- All varsity wrestlers are expected to stay on the bench, with the team, throughout the entirety of the dual. Wrestlers can chat with parents after the dual, not during. Parents are expected to stay in the stands and leave the bench area for wrestlers and coaches.
- Wrestlers are not to have their phones out at any time during the dual. Be engaged in the match and support your team.

Rules and expectations

- ◆ Wrestlers will display good sportsmanship, teamwork, integrity, and excellence for the entire trip.
- ◆ All Kamiakin High Wrestlers and participants will follow the directions of the coaching staff and remain in good standing with the coaching staff the entire trip.
- ◆ Wrestlers are to notify the coaching staff of their whereabouts through the entire trip. Wrestlers are not to leave any facility the team is without coach approval.
- ◆ Wrestlers are required to stay and support their teammates for every match.
- ◆ Wrestlers will wrestle every match required unless deemed sick or injured by the coaching staff.

- The Kamiakin High School Wrestling Coaching Staff