

[SEASON INFO & SURVIVAL TIPS FOR NEW WRESTLERS & PARENTS:](#)

For all our new parents and wrestlers, here's some information and a few suggestions to help make those hours in the gym a bit easier:

- **Weigh-ins:** Weigh-ins for weekday competitions (home or away) are held at PRHS at 6:30am. Weigh-ins for weekend competitions are usually held at the dual/tournament site about 1 to 2 hours before start time. Look for the "Wrestling Headlions" every Monday for each week's schedule and details.
- **Weigh-outs:** Occasionally, we will have a two-day competition (usually beginning on Friday evening and continuing on Saturday). On such occasions, wrestlers should be aware that they often have to make weight again before leaving on Friday night.
- **Buses:** Buses will transport the wrestlers to most competitions. Occasionally, adult drivers are needed and will be requested beforehand.
- **Getting to Tournaments/Duals:** Relatives and friends are welcome to follow the bus or come on their own. Go to www.peachtreewrestling.com for directions to all events.
- **Admission:** Wrestlers are of course admitted free to all tournaments and duals. Cost for fans is usually around \$7/person. Very young children are almost always admitted free. Hosts of two-day tournaments usually offer a weekend rate. Blue-level members of the Takedown Club will be given two free passes to all home matches.
- **Food/Drinks:** Outside food and drinks are usually permitted. If not, you can keep an ice chest and/or snack bag in your car to help avoid concession purchase.
- **Drinks for Wrestlers:** The TDC provides for the wrestlers and coaches a large cooler of Gatorade for Saturday competitions. A water bottle labeled with each wrestler's name is suggested to refill throughout the day.



SEASON INFO & SURVIVAL TIPS FOR NEW WRESTLERS & PARENTS Cont'd:

- **Snacks for Wrestlers:** For weekday competitions, wrestlers will be provided with a light meal (PB&J, granola bar and fruit). *See below for info on parent assignments for these foods. For Saturday competitions, wrestlers are responsible for their own meals and snacks. It is advisable for wrestlers to pack plenty of healthy snacks (fruit, power bars, etc.) in their bag to avoid junk food from the concession stand.
- **Food Assignments for Parents:** For weekday competitions, parents will be assigned 10 peanut butter and jelly or peanut butter and honey sandwiches **PLUS** a bag of fruit (10-12 pieces) **OR** 10-12 of any kind of high carbohydrate-low fat, low protein snack bars such as granola bars, Nutri-grain bars or Power Bars (energy bars, but not high or pure protein bars). Items sent to school with your son cannot be refrigerated during the day. If you prefer to contribute items that require refrigeration (e.g. turkey sandwiches instead of PBJ), please insure that you will be able to personally bring these with you to the location of the competition in time for consumption just after weigh-ins. Please email Terri Chapman, this season's nutrition director, at prhswrestling@bellsouth.net by this Friday November 21st with your 3 date preferences for these food assignments.
- **Length of Competitions:** Weekend competitions can be very long. It's not unusual to begin at 9am on a Saturday and finish at 8 or 9 that evening. Individual tournaments are usually double elimination.
- **Stadium Seats:** We highly recommend bringing stadium seats for those long hours in the bleachers. You can purchase them through the TDC for \$32 by responding to this email. *More information provided below. Wal-Mart, Target and similar stores also offer them.
- **Sportsmanship:** Good sportsmanship is expected by our fans at all times. Please be respectful of all our opponent's fans, coaches and wrestlers.