

Take care of your uniform!

Our uniforms are generously provided by our local businesses from donations so that everyone can wrestle without having to buy their own. Please treat the uniforms with respect and take care of them.

Singlets should only be worn for designated wrestling events.

Each wrestler is assigned a singlet. These are all numbered and wrestlers are expected to return the same singlet they received at the end of the year. It is very important for wrestlers to keep track of their gear.

Items that are damaged or not returned at the end of the year will be charged to the wrestler at replacement cost. Current replacement costs are \$75.

Cleaning information:

Turn inside out before washing.

Wash in cold with like colors in the delicate cycle.

Lay flat to dry or line dry.

Do not bleach, dry clean or put in the dryer.

As with all moisture-wicking garments, **do not use fabric softener** because this inhibits the moisture-wicking properties.

If it needs ironing, use low heat and do not iron printed designs.