

Frequently Asked Questions

- **Does my kid need headgear?** YES this is a WAWA requirement, you can easily find this on amazon or a sporting store, or even facebook marketplace.
- **Does my kid need a mouthpiece?** If your wrestler has braces they must have a mouth piece on while practicing and wrestling, otherwise its a personal preference.
- **Does my kid need wrestling shoes?** YES, we typically have some donated shoes at the beginning of the season that we lend out to wrestlers in need of shoes but we just ask that you donate your old shoes to the program to be able to continue providing this for future wrestlers, and return them when you are done. You can also find these on amazon or a sporting store and facebook marketplace.
- **When should my kid wear their wrestling shoes?** ONLY INDOORS, NEVER OUTDOORS! Wrestlers' shoes are on the mats all day where their faces may be.
- **AN important note: Wrestlers must shower every night after practice and events. We recommend using selsun blue shampoo. Wrestling is a very close contact, personal space sport. We shower every night to prevent mat rash, ring worm etc, this is also why our wrestling shoes are to be worn ONLY INDOORS. ALSO please practice using the restroom and washing hands before coming to practice.**
- **What is WAWA'S?** Western Area Wrestling Association, in other words this is our area's season end championship tournament.
- **Is my kid required to go to WAWA?** no, but it is highly encouraged especially for first year kids to experience.
- **How does my kid qualify to be able to compete in the WAWA Tournament?** Wrestlers are required to have 5 wawa points to compete in the WAWA Tournament.
- **How do I know if my kid is receiving WAWA points?** Your wrestler must compete in a wawa qualifying match or tournament and wrestle at least 1 time to receive a WAWA point.
- **What's the difference between a match and a tournament?** A match is one of our scheduled WAWA qualifying events that are included in the season. (all of our scheduled matches are WAWA qualifying matches).
A tournament is not one of our season scheduled events that schools put on. Some of these are WAWA qualifiers and some are not. These typically require you to weigh in the morning of the event. These are also the events where you may win a medal, trophy, shirt or something of the such if you qualify.

These events are not paid for by REC, you will be required to pay for them yourself. Any questions on how to sign up for these just ask a board member and they will be happy to help.

- **What if my kid misses a scheduled match and that makes them not have enough WAWA points?** If you have missed a scheduled match for any reason but want to compete in the WAWA tournament, you will need to sign up for a local tournament that is WAWA qualifying. (they typically display the info on the sign ups but if you're not sure just reach out to a board member and they will be happy to help).
- **Does it cost money to go to a wrestling match?** YES, adults are \$5, wrestlers are free, kids \$1-2, Brackett sheets are typically \$1-2. Typically all matches have concessions available on site.
- **How do I get a hold of the coaches or board members?** You can reach everyone on the TEAM APP. please download the app to your phone when you register an invite will be sent to you via text to join the group. This will be the main source of communication for the wrestling year. If you need help please seek out a board member for help. This is VERY IMPORTANT for communication.