

# Pre Meet Duties

- Is everyone here? All weight classes?
- Does anyone have any doctor notes, special equipment, tape jobs, braces, hair/nail questions?
- Everyone have a singlet? Biker shorts are not allowed beneath. Tights with stirrups only. Remove all jewelry.
- Double knot your laces or tape them up.
- While we are wrestling the dual, stay on the bench. Do not walk around in front. If you need to warm up, go behind the bench and do it. After the match you can approach the mat to congratulate your teammate, but stay off it, then sit down.
- Anticipate your match and be prepared. Get your head gear, take off your warm ups, and be ready.
- When it is time for your match, wait for me to call you to the table and then check in. Make sure the table hears your name and weight class. Even if you are the home team, you must check in.
- Once you check in, step in bounds and once you are in bounds you stay there, do not go to the coach for a pep talk do that before checking in.
- Anticipate During the match, you must wrestle in bounds and wrestle hard.
- Anticipate Do not talk to your opponent. There is nothing you need to say to him or to anyone on the benches.
- Anticipate If there are problems, stay out of it. Let your coach discuss it with me at the table. You don't have to like all the calls I make but you have to accept it. If you don't understand a call or penalty and want to talk about it, we can talk all about it after the meet. Feel free to approach me.
- Anticipate After the match, win or lose, you shake hands with your opponent.
- Anticipate I expect sportsmanlike conduct of you from now until you leave the building. Don't embarrass yourself or your team. No trash talk on the bench. I will penalize unsportsmanlike conduct.
- Does anyone have anything to ask? Any holds you need clarification with?
- If any one is interested in being a referee, come talk to me later. We need refs.
- Are you ready to go? Good luck.