

TOURNAMENT ESSENTIALS

The meets, and especially the tournaments, can be long and tiring, so the first and most important thing for a spectator is to be comfortable. Wear casual clothes; take a cushion, comfortable shoes, things to snack on and perhaps something to occupy your time between rounds at tournaments; a newspaper, good book, knitting, crossword puzzles, etc. But don't forget – this is the best time to get to know the other parents and wrestlers. Visit with them. Get to know them and their families. Enjoy each other's company. You won't regret this time spent with others. Wrestling duals are a little easier to handle because the time element is much shorter. Casual clothes and a cushion should get you through.

Another important item to take is a camera. Many people bring camcorders to film their son's matches, but fail to realize that photographs are important, too. Many parents start an album of their son's high school wrestling career and photographs are always an important thing to have. Also, the booster club publishes a yearbook at the end of the wrestling season recounting the year's activities. Your photos will be greatly appreciated when we begin collecting for the yearbook. Of course, your photos will be returned to you as soon as they are scanned into the yearbook. Most schools will allow you to take pictures of your son's match at mat side, but will not allow you to sit there throughout the dual and will probably ask you to return to your seat if you stay longer than one match. Pictures can rarely be taken from mat side at a tournament.

Tournaments are a completely different story. They may run from several hours to a couple of days depending on the number of schools involved, the setup of the tournament, and where the tournament is located. Being comfortable is primary to having a good time. Casual clothes and shoes, plus a good cushion or stadium seat, are a must. Again, this is probably the best time to get to know the other parents and their families. Many friendships can be built at these tournaments and a sense of team unity begins to grow.

Cost of the meets average around \$3.00 per adult, less for students and small children. Tournament prices vary from \$3.00 at some Elementary tournaments to about \$35.00 per person at the High School State Tournament. Some tournaments charge a single admission price while others prefer to charge on a per round or daily basis. Most two day tournaments offer a tournament ticket covering the whole tournament at a good savings. Participating wrestlers always get in free. Tournament shirts are sold at most tournaments. Prices vary from about \$8.00 to \$20.00 depending on the type, size and style of shirts available.

For tournaments, wrestlers need to take casual clothes, snacks, something to occupy their time and, if they want, money to buy tournament shirts plus some spending money in the case of two-day tournaments. Snacks can consist of a wide variety of foods, but should always be nutritious and wholesome. These foods can consist of sandwiches, dry cereals, raisins, fruit, health bars, yogurt and pasta, etc. Drinks can range from bottled water and

fruit juices to power drinks. The coaches depend on the parents to see that the wrestlers bring healthy foods instead of junk foods to eat.