



# North Penn Wrestling



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## Wrestler Responsibilities

Foremost, Keep your grades in good standing and treat yourself, your team, your coaches, your competition and all officials with respect.

Preseason Registratrartion:

- [PIAA Physical Form](#):
- [Form REleaf Winter Sports Registration](#): may not be available until late Oct 24
- [Email Update Form](#)

Trainers Requirements:

- Hydration Test- weight cut safety measure
- Impact Test- concussion safety measure

Communication Responsibilities:

- Be aware of practice, transportation and competition schedules.
- PA Wrestling [Website](#)

Hygiene Responsibilities:

- Wear clean clothing to practice.
- Clean your skin and your gear after every practice or meet.
  - Do not use scalding hot water or harsh chemicals.
- Perform skin checks and identify any curious conditions.
- Bring it to your coaches attention.
- Get medical help if needed.
- Be prepared for competition with any paperwork that may be required.
  - [SKIN FORM](#)

Be prepared to work events hosted by NP.

Unless the team (Varsity, JV, Girls) has a competition conflict, you are expected to help run home events. Wrestlers will be included in set up, table work, snack stand, break down and clean up responsibilities.

## **Fundraising**

### **...pending app rollout**

Wrestlers are responsible for setting up their Snap Raise account in a timely manner and adding 20 emails to their account. Wrestlers who do not participate in fundraising will need to pay for their Pride Pack (team apparel) and will not be eligible for booster club coverage for summer camps.

## **Parent Responsibilities**

Please be aware of our need for contributions of time or supplies for our events, including evening home duals, away duals and tournaments, senior night and the end of year banquet. Our biggest fundraisers besides the Snap Raise are the Girls Invitational Tournament and Boys JV Tournament, room workers, concessions, food prep, donations and set-up/break down will be organized. Early in the season we will create committees to maintain order and efficiency. Keep an eye on emails and correspondences from coaches and the booster club.