

EWC Frequently Asked Questions:

What time to arrive to a tournament?

Standard rule of thumb is to arrive 1 hour prior to start time for your wrestler usually warm ups are 30-45 prior to start time.

What's the difference of Novice and Open?

Novice is a wrestler with 3 or less years of experience. Open is any wrestler with 3 or more years of experience.

How do I decide what tournaments I should put my wrestler in?

Tournaments are not required but highly encouraged. A parent decides what tournaments their wrestler participates in. Each tournament has their own event flyer. Reading those details will inform a parent if their wrestler is able to participate.

How do I register for a tournament?

Each tournament has their specific ways for registration please read the event flyer specific to each tournament for registration.

Is headgear a requirement?

Not all tournaments have headgear as a requirement. However some tournaments do so it's highly recommended to have your wrestler practice in headgear for multiple reasons. For example, it gives your wrestler an opportunity to become comfortable using it. And also it does help in preventing trauma to a wrestlers ear.

What does my wrestler need to wear to a tournament?

A singlet, socks, wrestling shoes and warm up clothing.

Is there a specific diet I need to have for my wrestler?

It is recommended for any athlete to maintain a healthy diet. For example, low sugar and fatty foods. Maintaining an overall healthier diet increases endurance.

If I have my wrestler registered for a tournament and can no longer attend what should I do?

On the event flyer there is a point of contact listed whether email or phone. Please contact the tournament point of contact directly. Every tournament uses their own policies on refunds.