

**Try-It Night Parent Fact Sheet**

* Registration ends November 2nd
* Cost per wrestler: $185 (includes warm-ups)
* Singlet Rental Fee - $75 check (refundable)
* Volunteer Fee - $100
* NH Wrestling will provide singlet to be worn at Match nights and League Tournaments
* Family will provide wrestler with wrestling shoes and headgear
* Wrestlers with braces must have a mouth guard for matches
* Wrestling shoes are to be put on in wrestling room only (please do **not** wear outside)
* Wrestler Hygiene
* Practice begins November 2025 and runs through February
* Practices – TBD – 6 PM – 7:30/8 PM at Middle School Wrestling Room
* Parents **MUST** stay on premises during practice and matches
* Parents remain in hallway during practice
* If interested in being a coach, please see Board President or Head Coach
* All coaches **MUST** have clearances provided to Board President (criminal history and child abuse)
* Door Policy
* Utilize GameChanger app for communication
* Weigh-ins (pre-season and tournaments)
* Match Nights vs Tournaments
* Wrestler, Parent, and Coach Etiquette
* NH Wrestling League and Road Warrior Tournament
* Fundraisers – Chick-fil-A Drive Thru Spirit Day, Pizza/Hoagie sale, Cookie sale, Business Sponsorships, NH Youth Tournament 1/3 and 1/4
* Parent Volunteers is **MUST** for a successful organization
* Volunteer Needs: Mat set-up and break down for match nights and tournament, Table workers, Concessions – Sign Up Genius
* Reminder: Coaches are volunteers that do not get paid – They attend practices, match nights, and tournaments
* **Parent/Board Meeting TBD - 6:30 PM at NHHS Auditorium**
* Questions, comments, concerns, please bring to wrestling board