



www.rawpowerwrestling.org

Coach's Rules

Head Coach: Victor Martinez 763-428-9840

1. Be on Time! Our time is limited! Have shoes on and be on the mat by 6:00 pm sharp!
2. No bathroom breaks, go before you get on the mat.
3. No long fingernails.
4. No street shoes on the mat (wrestling shoes only).
5. No water breaks.
6. Keep clothes clean.
7. No rashes or open sores (see illness guidelines).
8. If you are ill, call me about coming to practice (if you miss school, don't come to practice).
9. Shower when you get home.
10. **Let's have fun!!!**