



## Coaches

### Uniform Guide for Girls Wrestling

#### Support for the Girls Coach

- Male and female coaches may find the discussion of exposure issues and sports bras uncomfortable.
- Sports bras are a critical piece of sports equipment for all girls and women in athletics. In a full contact sport like wrestling, girls need a sports bra that works for them and be compliant with NFHS rules.
- A sports bra and undergarments are a required part of the definition of a legal uniform. (NFHS Wrestling Rule 4-1-1a)
- Ask for assistance from female educational leaders such as female coaches in other sports, female physical educator, or female athletic trainer. Build your confidence to discuss the needs of your female athletes safely and effectively.
- Focus your communication on the uniform and sports bra, not the athletes.
- Purchase girls cut singlets from vendors that understand the NFHS rules. Ask them to provide samples before you make a purchase.
- Become familiar with high-neck/high cut sports bras. These are constructed higher in the front and sides and can easily be found online.
- Boys singlets are not designed for female wrestlers and are often too low in the front and sides. A sports bra is not a “fix” to this.
- The purchase of a sports bra for competition should not become a barrier to participation on your team or competition. Work with your athletic director, school booster club and wrestling parents to have a plan in place for addressing girls who have economic needs.

#### Team Talk:

- Teach the NFHS uniform rules for competition. The goal of the rule is to 1) meet the needs of female athletes in a full contact sport and 2) provide safety to the female athlete during live competition (not weigh-ins) by reducing exposure.
- For male coaches, consider asking a female educator to be present during your team talk to address the needs of girls over the course of the season.
- Introduce them to the option of a high-neck/high-cut sports bra.
- Assure female athletes with economic needs that they will be supported with options.
- Remind girls to keep their singlet straps up for post-match interviews.
- A sports bra for live competition does not have to be the same for day to day training.

#### Parent/Guardian Education

- Veterans and new parents to wrestling need a reminder at the beginning of the season about the NFHS uniform rules for girls.
- We have many first-time girls wrestling parents and guardians that need guidance on what their female wrestler needs for live wrestling competition.
- Enlist the support of parents to assist with the economic needs of other girls. Donating new or used sports bras to the team makes girls feel understood and valued.
- Teach them about high-neck/high-cut sports bras.

### What's In Your Team Bag?

- Keep some spare sports bras in a variety of sizes in your team bag in case an athlete forgets to pack one.
- If a more extensive issue presents itself at competition, have compression shirts in your team bag in a variety of sizes.
- Encourage the girls to take ownership of the team bag and maintain back-up supplies.