

## Wrestlers' Uniform Care

### Take care of your uniform!

Our uniforms are generously provided by our Pacer Patrons booster club so that everyone can wrestle without having to buy their own equipment. Please treat the uniforms with respect and take care of them.

**Uniforms, including warm-ups, should only be worn for designated wrestling events.**



Each wrestler is assigned a uniform consisting of a singlet, warm-up (pants and jacket) and headgear.

These items are all numbered and wrestlers are expected to return the same items they received at the end of the year. It is very important for wrestlers to keep track of their gear.

**Wrestlers who leave uniform items behind in the gym, stage, locker room or opposing team's school will be charged \$1 per item by the coach who finds it.** (Wrestlers may alternatively clean my classroom instead of paying a dollar.) Items that are not returned at the end of the year will be charged to the wrestler at replacement cost. Current replacement costs are:

Headgear - \$40

Singlet - \$60

Pants - \$25

Jacket - \$35

Wrestlers may also be charged part or all of the replacement cost for items that are damaged.

### Cleaning information:

#### Warm-ups:

Wash in normal cycle and air dry. **Please do not put any part of the uniform in the dryer!**

#### Singlet:

Turn inside out before washing.

Wash in cold with like colors in the delicate cycle.

Lay flat to dry or line dry.

**Do not bleach, dry clean or put in the dryer.**

As with all moisture-wicking garments, **do not use fabric softener** because this inhibits the moisture-wicking properties.

If it needs ironing, use low heat and do not iron printed design.

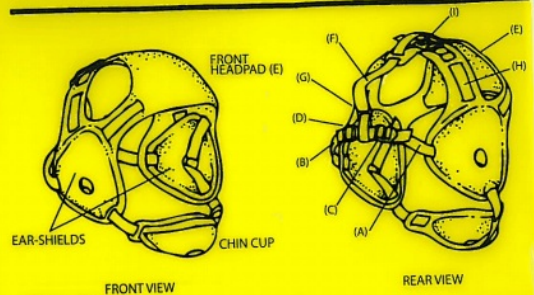
#### Headgear:

Instructions are printed for adjusting the headgear for the proper fit. **When properly adjusted**, the headgear should come on and off before and after the match, but not come off during the match.

## MORGAN G-V WRESTLING HEADGEAR FEATURES

- Maximum protection against abrasion & direct blows to the head & ears
- Adjusts instantly on your head -- & once adjusted it stays on!
- Strong, lightweight, & durable
- Unique forehead protection pad guards against scrapes & head on collisions

## Instructions for Fitting Your Morgan G-V Wrestling Headgear



### Step One:

Holding your Morgan G-V from the rear, loosen rear strap (A) without disconnecting rear buckle (C) and slide the headgear over your head; push the ear-shields backward and down, positioning them comfortably over your ears.

### Step Two:

Tighten your Morgan G-V in place by pulling the tab end of rear strap (A) until a snug fit is secured. The rear buckle (C) should now sit about midway between the ear-shields on the back of your head; if not, tighten strap (B) through slide (D).

### Step Three:

Check to see that the front headpad (E) clears the eyebrows and fits the forehead snugly. If the front headpad rests too low over the eyes, the top strap (F) is probably too long; shorten it through slide (G).

### Step Four:

If the ear-shields ride too high on the ears, loosen the middle strap (H) through buckle (I) without disconnecting the buckle.

Singlet:

## Care Instructions for Garments

These instructions will help you extend the life of your garments and keep them looking their best! Need to review washing instructions on the fly? Most garments have a care tag for easy reference.

**100% Cotton and Cotton-Poly Blend Shirts and Fleece**  
Turn garment inside out before washing to protect imprint. Machine wash cold with like colors. Tumble dry low. Do not bleach or dry clean. If garment needs ironing, use low heat and do not iron printed design.

**Poly or Nylon Moisture-Wicking Garments**  
Turn garment inside out before washing to protect imprint. Machine wash cold with like colors on the delicate cycle. Lay flat to dry or line dry. Do not bleach or dry clean. If garment needs ironing, use low heat and do not iron printed design.

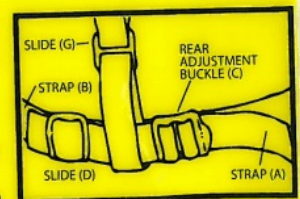
**NOTE:** Do not use fabric softener or dryer sheets on moisture-wicking garments! These coat the fabric, inhibiting its moisture-wicking properties.

**Note:** Your Morgan G-V can be fully adjusted without ever disconnecting any strap from any buckle.

After completing steps one through four, it is possible to adjust the entire headgear through the right-hand rear strap only.

To increase tension on the headgear, hold your headgear in place with your left hand and pull rear strap (A) with your right hand.

To release tension, lift and push the tab end of rear adjustment buckle (C) with your right thumb.



Fine adjustments can thus be accomplished without removing the headgear or interrupting the match.