

# CLEAN YOUR WRESTLING SHOES

Wrestling shoes can still get dirty despite the fact they're only supposed to be worn indoors. Treat them well and they will treat you well!

- Cleaning Your Wrestling Shoes with Detergent
  - Start by removing the shoelaces. Wash them separately in a tub—you'll want to soak them in a detergent first.
  - For the shoes themselves, you'll want to mix ACTIVE detergent with warm water in a small container. Dip a piece of old cloth in the mixture and work on the outside of the shoes one area at a time—circular motions work great. Avoid scrubbing vigorously as that can damage the fabric. Depending on how dirty the shoe material is, you might have to rinse the cloth often.
  - Allow the shoes to dry completely away from sunlight or direct heat. Stuffing newspaper into them will help to get rid of moisture. Put the laces back on once they're dry.

Pro-tip: Anti-fungal sprays can be used to prevent athlete's foot. Simply spray it into the shoe after each wearing.