

## FREQUENTLY ASKED QUESTIONS

What age do I have to be to start?

Our minimum age for starting is 14 years old. However there is no maximum age. You are never too old to start training. Many of our students have started later in their years and have gone on to progress onto our shows.

How do I join The Futureshock Academy?

If you are an absolute beginner in Pro Wrestling the you will be required to complete our beginner's course which will teach you the basics so you begin in our weekly fundamentals classes. If you have previous experience then use the contact information to find out which class would suit you best.

Could I come down and watch one of the sessions to check out the school?

Absolutely. If you are new to the school or even to pro wrestling you are welcome to come down and watch any of our sessions to see how we train and familiarise yourself with our facilities. We suggest you drop us a message first just to let us know your intentions and please arrive for the start of the session.

What do I need to wear?

You will need to wear athletic clothing, think what you would wear if you were going to the gym. Wear athletic clothing you feel comfortable wearing (but it can't be too revealing). Ensure you bring a separate pair of trainers or boots to change into so as to not bring dirt on to the mats or ring.

Are knee and elbow pads necessary?

They would be a wise investment but not necessary for everything in wrestling. We suggest you at least get some good quality kneepads for protection. Elbow pads will help protect you but these are really up to the person to decide. However, any pads you do buy shouldn't restrict your movements and likewise should fit properly so they don't slip down or move around. If you would like an idea of what sort of pads to buy then please email us and we can send over some suggestions.

Can you train me to be a referee or manager?

We certainly can. If you are interested in Pro Wrestling but not as wrestler we can train you to fulfil any number roles. For more information please get in contact via email.

How long is it before I will be on shows?

This depends entirely on the individual. Some people progress faster than others, whether it's learning the physical moves and holds or developing a character everyone is different and has their own strengths. But when you reach the standard we expect you will be asked to perform on our shows and everyone will have this opportunity.