

TOURNAMENT FAQ

How do I sign up for a tournament?

- Visit trackwrestling.com and search for the event. Follow the prompts until payment completion.

Are singlets required for competition?

- No, however, they are heavily encouraged for the safety of all athletes. If you chose not to wear a singlet, you may wear a compression shirt, and tight fitting shorts with NO pockets.

How do I know when my wrestler is wrestling?

- On trackwrestling.com, click into the event, search mat assignments, find your athlete, set up notifications. Mats are laid out in numerical order. You will have a Match # (Bout #) as well as a mat assigned. Your match # will be wrestled on the assigned mat.

What tournament prep should I do?

- Night before, fuel your athlete with healthy foods and beverages, try to save the snacks and processed foods for after the tournament.
- Morning of, check tournament flyer for any details pertinent to the venue. I.e. Clear bags, weigh in times, parking, cash only, coolers allowed or not, etc. Make sure your athlete has all necessary gear for the tournament. Singlet, shoes, AWA gear, headgear (optional), mouth guards, hair ties, etc.
- During the tournament, help fuel your athlete with nutritious snacks vs concession foods. Stay alert to mat assignments and bout #s. Roughly 4-5 matches prior to your wrestlers match, send them to find a coach and start warming up. Encourage, encourage, encourage. Wrestling is a very stressful sport, the wrestlers need their parents/guardians to help build them up during the events. Please, allow coaches to coach. We get the excitement of the matches and our goal is to always put your wrestler in the best possible situation for success. Allow us to build that rapport and trust by echoing us from the stands and cheering with sportsmanship and respect.
- After the tournament, whether your wrestler wins it all or finishes last, keep it fun. Winning and losing are such small aspects of this sport, we want to make sure we are there to support them regardless of outcome. Recovery is very important as well during this time. Make sure your athlete is resting and refueling.