

How to Prepare for a Wrestling Tournament

1. Have your wrestler weigh-in at Thursday practice. Shorts or a singlet is required, it is an Assc. Bylaw, wrestlers CANNOT strip to underwear. Weigh ins are required, your wrestler will not be bracketed otherwise. Each weigh in costs \$8.
2. Know the location and time of the tournament. Divisions 1 & 2 typically start at 8 or 9am, Divisions 3, 4 & 5 typically start at 11am or 12pm.
3. Make sure your wrestler has mat shoes and a singlet (or t-shirt and shorts).
4. Pack a cooler with refueling snacks and drinks, for you and your wrestler!
5. Plan to arrive a minimum of 30 minutes before the tournament start time. Some tournaments have "Re-Weighs" for Divisions 3,4,5. Make sure you know the re-weigh deadline. (Ask coach at Thursday practice).
6. Upon arrival find the brackets hung in the hallway, they are organized by division and weight. Take a picture of the bracket. This will be helpful to follow your wrestler's progression of matches during the tournament.
7. If you are not a registered AAU Coach, and you want to be on the mat with your wrestler, you will need to purchase an arm band for \$10 for Divisions 1 & 2 only. This will allow you access to the mat floor.
8. Help your wrestler find the team and coach for warm-ups.
9. Once the tournament starts be sure to have your wrestler at their mat at least 2 matches before theirs, with their water bottle. (These matches can go very fast and wrestlers need to be prepared).
10. Once their match is called the wrestler will check-in at the scoring table and be given a leg band and they will start their match.
11. Once their match is over be sure to know your wrestler's next match number. (If not sure ask the coach that was with your child at the match).
12. If at any time you have questions about ANYTHING please find a coach or another veteran parent. We want this to be an enjoyable event for everyone!!!
13. Be sure to follow the team Facebook page for team updates and reminders.
14. For any questions, you can call the Head Coach, Kenny Schwettman at 505-947-4973.