

Parent Checklist

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| **Getting Started** | | **Wrestling Bag** | |
|  | **Visit TVW Website:** [**https://tennesseevalleywrestling.com/**](https://tennesseevalleywrestling.com/) |  | **Wrestling shoes** |
|  | **1. Read the Parent Handout under the “New to Wrestling” tab.** |  | **Spare socks** |
|  | **2. Read the “What do I need?” information.** |  | **Singlet/Uniform** |
|  | **3. Join the TVW Facebook page. Link can be found under the “Links” tab.** |  | **Headgear (Optional unless wrestling in TN)** |
|  | **Complete Registration Form.** |  | **Warm up gear (Sweatshirt/Sweatpants)** |
|  | **Submit Registration Fees.** |  | **Hand towels/Wipes** |
|  | **Register for an AAU Card.** |  | **Deodorant** |
|  | **1. Link can be found on the TVW Website under “Links.”** |  | **Mouth guard (Optional unless you have braces)** |
|  | **2. Our club code is RS5XXFE4.** |  | **Filled water bottle** |
|  | **Join Track Wrestling. (For Tournament Registration)** |  | **Athletic Tape (Optional)** |
|  | **1. Review the Track Wrestling Tutorial under the “New to Wrestling” tab.** |  | **Wrestling Snacks** |
|  | **2. Register for Tournament events.** |  | **Work/Entertainment (For in-between matches)** |
|  |  |  | **Nail clippers** |