



Parent Checklist

Getting Started		Wrestling Bag	
	Visit TVW Website: https://tennesseevallywrestling.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