

### **Wrestling Coaches checklist**

- Pay Trackwrestling dues – check for email from Kevin Morast NDHSAA.
- Enter roster and schedule into the Trackwrestling website
  - You can use last year's roster to upload athletes that competed last season.
- Pay dues to Trackwrestling for their stats feature – (optional).
- Double check that all contact information in Trackwrestling is current
  - If new coach – contact NDHSAA for login and password.
- Confirm your assessor – if new assessor they will need to contact NDHSAA for login and password.
- 3<sup>rd</sup> Wednesday in October – First day to access (must be accessed before allowed to compete).
  - Double check each athlete's descent plan (reminder that athletes may not use ½ pound round down for regional tournament).
  - An appeal of an assessment must take place 14 days from each athletes' original assessment.
  - After assessments ensure your athlete is eligible to compete. This is done by checking your roster on track wrestling. If your athlete has a white x encircled by red they are not eligible. Contact the NDHSAA.
  - Athletes that are under 7% body fat must have a signed physicians release form before competing. Form is located on the NDHSAA website under the wrestling tab.

- Optional – Set up tournament you are hosting with trackwrestling – Mandy Antony or Nick Walton can assist with setting up and running your tournament for a small fee.
- If not utilizing trackwrestling, ensure all events and matches are recorded into the trackwrestling portal.
- Trackwrestling weigh in sheets are required for all weigh ins, print weigh in sheets prior to each competition.
- Check with Athletic Administrator to ensure you are a certified coach or how to become a certified coach (Certification required by NDHSAA).
- Take the online rules clinic (10/31 – 11/21).
- Take online rules test (12/1 – 12/8).
- Enter schedule, team photo, cutline and roster on the NDHSAA website by 11/28.
- Contact NDHSAA (Kevin Morast) if you have any questions.