

# WHAT TO EXPECT

## The morning of the tournament

1. Make sure to pay attention to weigh-in time. This varies from tournament to tournament. 5-15 minutes is how long it takes depending on how many people are there.
2. Check wrestler's fingernails, this is something organizers will be checking. Most places have their own clippers onsite, but be prepared.
3. Most tournaments charge spectator fees, have some cash handy for this. Wrestlers that are competing do not need to pay.
4. Having a healthy breakfast is very important since these tournaments go from early morning to sometime after noon. Breakfast and lunch items are usually offered by the school hosting the event at an extra cost. (see tournament fliers for additional info - bringing your own food items is also allowed)

## Once you get there

1. Tournaments are held at schools and due to the amount of people there keep an eye out for parking instructions.
2. Once inside, locate the weigh-in area and have your wrestler go there (there are usually signs clearly posted to point you in the right direction). A parent is allowed to go with them.
3. Weigh-ins are separated by grade or birth year, look for the appropriate one.
4. The organizer will ask for the wrestler's name and will check fingernails at this time also.
5. Once wrestlers are weighed in you can proceed to gym area and get settled in (usually people from the same schools are seated together).
6. There is usually about an hour between weigh-ins and the start of the tournament. Wrestlers take this time to warm up and practice on the mats.
7. Once the brackets are complete, there will be an announcement. Sometimes brackets are already posted when you get there. (These are usually located in the hallways near the gym)
8. Brackets will list mat # and chart # or bout # (these are mat assignments). Rarely there is a bullpen. In this case wrestlers are taken to the mat by tournament worker.
9. Getting to the correct mat one or two matches ahead is preferable to be ready when the wrestler is called to the mat.

## Additional tips

1. You will see kids cry, this is okay. It is difficult for kids to hold their emotions after working so hard for the (3) 1-minute rounds and then being done. Just remember to be encouraging.
2. Participating in tournaments is a big part of the wrestler's experience. These will help the wrestler gain experience much faster than just practice.
3. Remember that it might take more than 1 tournament for wrestlers to win their first match. Don't get discouraged.