

Wrestling Coach's Pre-Season Checklist

Everything to have written down before the first official practice

Paperwork, with deadlines next to it

- ☐ One list: one row per athlete, one column per requirement, deadline at the top of each column
- ☐ Physicals and eligibility forms collected
- ☐ Emergency contacts and concussion acknowledgments on file
- ☐ State weight certification window on the calendar (check your state association)
- ☐ One person owns the list

Parents: one channel, said once

- ☐ Decided where announcements live (one place)
- ☐ Sent every family the three-line note: where info lives, how often, what counts as urgent
- ☐ Set response-time expectations in writing

The room

- ☐ Practice split sketched: who runs which group, on which mat, in which block
- ☐ First two weeks of practice plans drafted
- ☐ Mat hygiene routine posted where wrestlers will see it

The calendar

- ☐ Every dual, tri, quad, and tournament entered
- ☐ Weigh-in times, bus departures, certification deadline, banquet, gym blackout dates added
- ☐ Tentative dates included and marked tentative
- ☐ Whole season shared with parents before it starts

Who does what

- ☐ One page: name, role, three things they own, who covers when absent
- ☐ Given to everyone on it