

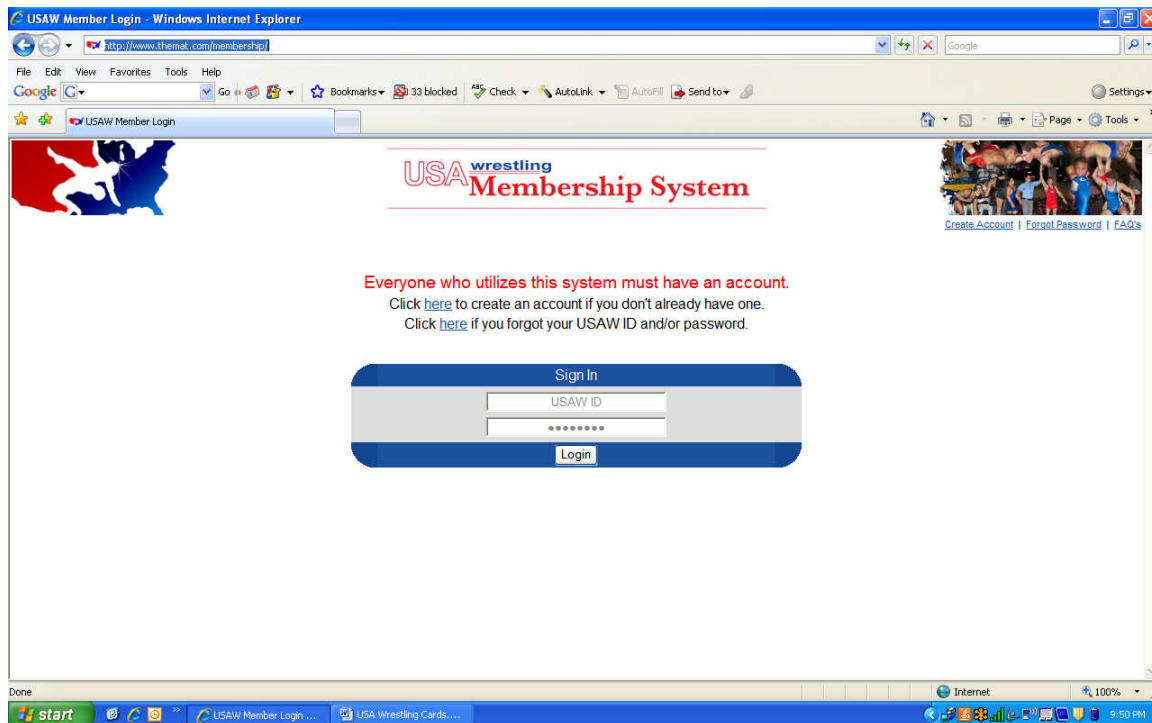
USA Wrestling Cards / USAW Registration Instructions

All wrestlers that attend wrestling practice or compete in wrestling tournaments must have a USA Wrestling card. This year we have switched to a self serve method of registration. Please follow these instructions to register on-line and print out your USA Card. Please bring a copy of your card to the first week of practice or you will not be able to participate.

Step 1:

Go to thematt.com a) log in with your existing USAW ID or b) create a new ID if you do not have one. Be sure to note your ID number and your password.

<http://www.themat.com/membership/>



Note: Our main wrestling styles are “Folk Style”, “Greco”, and “Free Style”

Step 2:

“Add an Athlete”

Note: The name of our wrestling club is “West Linn All-Phase Wrestling Club”

Step 3:

Pay with a credit card

Step 4:

Print out Athlete Cards. Please print 2 copies and bring one copy to Coach Keeney the first week of practice