

Tournament Day Prep

Pre Tournament Prep:

- Pack your gear
 - Singlets (red and blue)
 - Shoes
 - Optional:
 - Headgear
 - Knee pads
- Pack some food and water
 - Tournaments days can be long days, so having some food and water throughout the day will keep you fueled properly.
- Verify tournament start times and location. You can view the list of tournaments that coaches will be attending along with their fliers on the Tournament Info section of our site. <https://defiantwrestling.org>.
- Locate your tournament on TrackWrestling.com>Events so you can pull up mat assignment information on the day of the tournament.

Tournament day warm up:

The goal of any warm up is to get your body ready for competition. You can do as much of this or as little of this as you want, but below is a minimum amount of things you should try to complete before starting your first match. Arrive **30 minutes** before your scheduled start time so you can ensure you get a quality warm up.

Freestyle

- Warm up
 - Jog
 - Shuffle in/out
 - Front rolls
 - Back rolls
 - Cartwheels
 - Bear crawls (forward/backward)
 - Shot walks
 - Drill:
 - Stance and motion
 - Shots
 - Front headlocks
 - High gut
 - Leg lace
 - Stay warm until your match starts

Greco Roman

- Warm up
 - Jog
 - Shuffle in/out
 - Front rolls
 - Back rolls
 - Carts
 - Round offs
 - Quarter turns
 - Bear crawls (forward/backward)
 - Wall walks (or some other form of bridge work)
 - Bridge flips/circles
 - Drill:
 - Pummeling and moving from over under tie
 - Arm drags
 - Arm throws
 - Gut wrenches
 - High, low
 - Whip
 - Stay warm until your match starts