

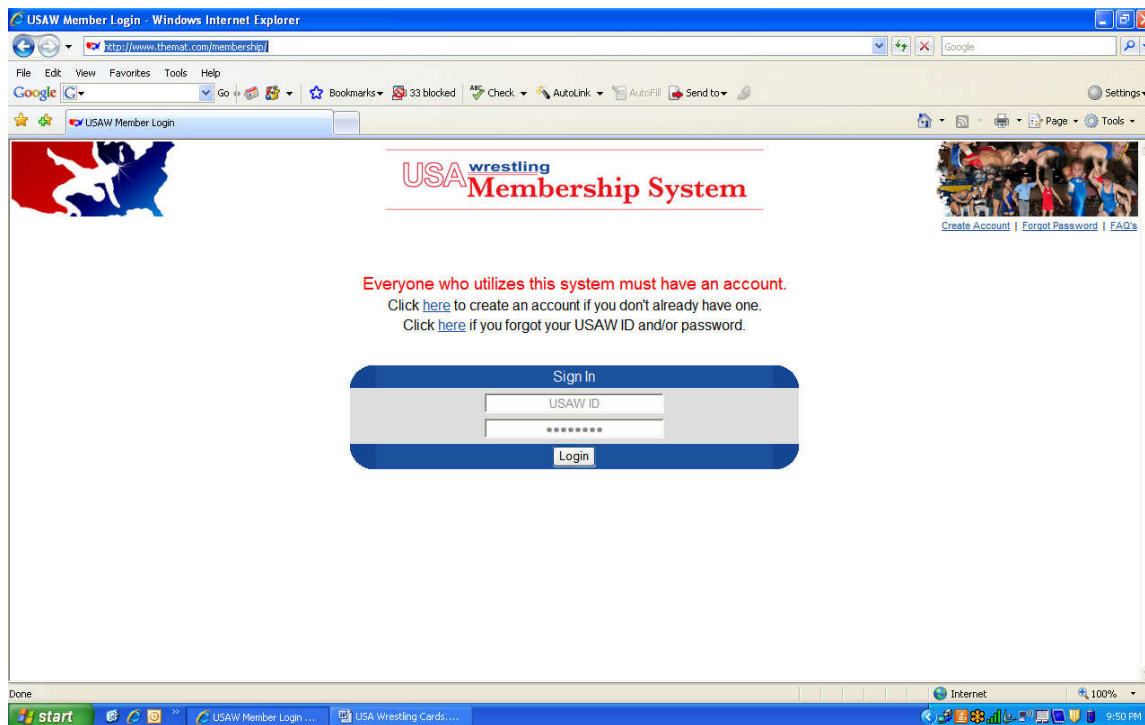
# USA Wrestling Cards / USAW Registration Instructions

All wrestlers who plan to attend wrestling practice or compete in wrestling tournaments must have a USA Wrestling card. Please follow these instructions to register online and print out your USA Card. Please provide NWWC with a copy/printout of your card prior to stepping on the wrestling mat or you will NOT be able to participate.

## **Step 1:**

Go to <http://www.themat.com/membership/> and either: a) log in with your existing USAW ID or b) create a new ID if you do not already have one. Be sure to note your ID number and password.

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



Note: The wrestling styles that we will be practicing are "Folkstyle," "Freestyle" and "Greco."

## **Step 2:**

“Add an Athlete”

Note: The name of our wrestling club is "Northwest Washington Wrestling Club."

## **Step 3:**

Pay with a credit card

## **Step 4:**

Print out Athlete Cards. Please print 2 copies and bring one copy to registration or first practice.