

Ultimate Pre-Season Checklist

If you are viewing online, hover over any of the checklist items to link out the the online resource.

- ☐ Sign-up sheet
- ☐ Intro letter
- ☐ Planning calendar
 - option 1: <https://www.google.com/calendar/about/>
 - option2: <https://www.mystudylife.com/>
- ☐ Pre-season tournament schedule
 - option 1: <https://usawrestlingevents.com/events>
 - option 2: <https://www.super32.com/>
 - option 3: <https://www.rmnevents.com/>
- ☐ Pre-season conditioning/strength training
- ☐ Technical areas of concentration sheet
- ☐ Gear/equipment inventory
- ☐ Fan gear/team store
- ☐ Athletic director meeting

- ☐ Nutrition plan
 - PDF
 - Google Doc
- ☐ Nutrition Tracking App (ie. My Fitness Pal, MyPlate, etc.)
 - option 1: <https://www.myfitnesspal.com/>
 - option 2: <https://www.livestrong.com/myplate/>
- ☐ Descent plan for weight loss
- ☐ Goal setting worksheet

- ☐ Individual and coaches meeting planner
- ☐ Staff Duty Delegation
- ☐ Coaching Philosophy/Mission Statement
- ☐ Choose team captains
- ☐ Gear prize giveaway (for SA's that make it through the pre-season)
- ☐ Kick-off potluck/parent meeting
- ☐ Team handbook