

## Welcome to Cannon Falls – Randolph Mat Rats Wrestling Club

### K-12 Club

#### How to stay informed:

1. <http://www.mnmatrats.com>
2. Cannon Falls – Randolph Mat Rats Wrestling Facebook Page
3. Join TeamApp (iphone and android mobile app and website)
  - a. Search for CF-R Mat Rats Wrestling Club on mobile app
  - b. Teamapp website link: <https://cfmatratswrestlingclub.teamapp.com>
  - c. Create Profile with **email** and **cell phone** (or UPDATE if previous account)
  - d. **MAKE SURE NOTIFICATIONS TURNED ON**

#### How to view schedules: (turn on notifications and/or subscribe to calendar on these apps)

1. Website
2. Facebook page
3. TeamApp

#### Ways to help club:

1. VOLUNTEER YOUR TIME at our home club tournaments (signup Genius will be available)

##### **THESE TOURNAMENTS RAISE FUNDS DIRECTLY FOR MAT RATS**

- a. Jan 7<sup>th</sup> HS Tournament
  - b. Saturday Feb 4<sup>th</sup> HS Tournament
  - c. Sunday Feb 5<sup>th</sup> Mn/USA State Qualifier Tournament
  - d. Sunday March 12<sup>th</sup> Mn/USA Regional Tournament (TBD)
2. Shop At Amazon, set your page to AmazonSmile using this link  
<https://smile.amazon.com/ch/81-4334717>
  3. Save and turn in your Family Fare receipts. There is a box in wrestling room.
  4. Join our Board! We have board positions as well ad hoc teams needing volunteers.

#### What to wear to practice:

1. Shorts, t-shirt, wrestling shoes, and headgear
2. Bring labeled water bottle

#### What to wear to tournaments:

**Open Tournaments (individual):** singlet, wrestling shoes, and headgear.

If no singlet, can wrestle in tshirt and shorts.

**Team Tournaments:** Team uniform singlet to wrestle team events.

**Uniforms:** You can purchase or rent MR uniforms through club. See uniform flyer.

**Lastly, please come out and support the High School wrestling team at the home duals!!!**