



USA MEMBERSHIP REGISTRATION INSTRUCTIONS:

- 1) log onto: <http://www.teamusa.org/USA-Wrestling> or <http://www.usawmembership.com>
- 2) Go to membership
- 3) Go to Purchase Membership
- 4) Click Athlete
- 5) If you have a membership you can "renew" if this is the first time, click "Add New"
- 6) Membership type: WA Limited Folkstyle Athlete Membership \$15
- 7) Select Folkstyle
- 8) Enter grade and weight
- 9)Purchase card
- 10) Print receipt and bring to first practice.