



# VATP • FloWrestling & Trackwrestling Quick Guide

These basic instructions explain how to access **Trackwrestling** and **FloWrestling** at tournaments. Both platforms help you track when and where your wrestler will compete and who their opponents will be. Tournament data is typically uploaded the day before or the day of an event and is used primarily for tournament-style matches.

**Good to know:** You do **not** need a paid membership to view essentials like brackets, bout numbers, and mat assignments on Trackwrestling. FloWrestling offers streaming and premium content by subscription, but basic event details remain accessible without paying.

## 1) Visit the Websites / App

- Trackwrestling: trackwrestling.com
- FloWrestling: flowrestling.org
- FloWrestling App: iOS & Android app stores

## 2) Search for Our Team/Event

Use the search bar to find “**Cosby High School Wrestling**” or the specific tournament/dual.

## 3) Follow Match Updates

View brackets, bout numbers, mat assignments, and live scoring (when available).

## 4) Watch Schedules & Brackets

Check bout order and mat locations; add times to your personal calendar if helpful.

## 5) Rankings & Stats

Explore rankings and season stats to track progress (availability varies by event).

## 6) Need Help?

Ask a returning VATP parent at the venue—we’re happy to help. Consider exploring the site with your wrestler ahead of time to get comfortable.

**Tutorial:** Trackwrestling Quick Tutorial

## Trackwrestling vs. FloWrestling (At-a-Glance)

Feature	Trackwrestling	FloWrestling
Primary Focus	Tournament management & scoring	Streaming & wrestling content
Individual Events	Yes	Yes
Team Events	Yes	Limited (dual meet streaming)
Live Scoring	Yes	No
Live Streaming	Limited (some integration)	Yes
Recruiting Profiles	Yes	Yes

For managing tournaments or dual meets, **Trackwrestling** is typically the better option. For streaming and national exposure, **FloWrestling** is the go-to platform. Many organizers use both to maximize functionality and visibility.