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Emails Wrestling Journal sends

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The verification, password reset, and team invite emails you may get.

Wrestling Journal may email you for account and team steps. Check spam or junk if you don't see one.

Subjects you may see

- **Your Wrestling Journal verification code** (when you create an account or need to verify email)
- **Your Wrestling Journal password reset code** (when you use **Forgot password?** / **Reset password**)
- **You're invited to join {team} on Wrestling Journal** (when a coach invites you; {team} is your program's name)

Verification code email

This is the screen where you type the code from that email.

Codes expire. Use the newest email if you asked more than once. Help with codes: [Fix email code problems](#).

Sign-in help: [Sign in and reset your password](#).
