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Add your athletes

Revision 2026-10-10

Add athletes to your roster one at a time, several at once, or from a spreadsheet.

Your roster is the list of athletes most of YourTeamManager uses: check-in, weight tracking, evaluations and more.

Add one athlete

1. In the side menu, open **My Team**, then select **Roster**.
2. Select **Add athlete**.
3. Fill in **First name**, **Last name** and **Gender**. **Email (optional)** and **Grade (optional)** can wait.
4. Select **Add athlete**.

Add several at once

1. On **Roster**, select **Add many**.
2. Fill in one row per athlete: **First**, **Last**, **Gender**, **Email** and **Grade**. Select **Add row** for more rows.
3. Or paste rows into **Paste rows (first,last,gender,email,grade)** and select **Load paste into table**.
4. Check the table, then select **Add wrestlers**.

Import a spreadsheet

If your roster is already in a spreadsheet, see [Import or export your roster](#).

Next

Your athletes can also keep a Wrestling Journal. To invite them, see [Invite athletes to Team Journals](#).

