

This document is provided free of charge by Horton Press. You may view, download, and share the original. You may not edit, remove, or add information to this document, or redistribute altered versions.

Read an athlete's technique notes

Revision 2026-10-10

See the technique notes an athlete shares in their journal.

Athletes can keep technique notes in the Wrestling Journal app. When they share their journal, you can read them.

1. Open the athlete's journal.
2. Select the **Notes** tab.
3. Each note shows its title and when it was last updated.

If there are none, you'll see "No technique notes shared."