WrestleConnect — The Complete Picture Guide

Every feature, how it works, and how to use it

November 26, 2026 · wrestleconnect.app

The global wrestling and MMA network built by a wrestler, free forever.



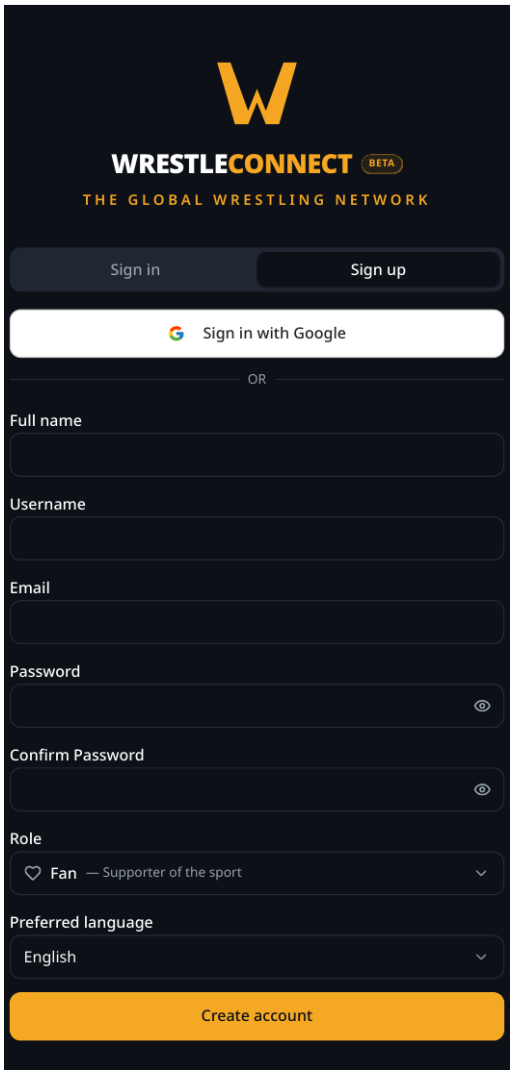
The front page of WrestleConnect — the first screen every visitor sees.

This guide walks through the whole app, one feature at a time. For every feature you get a real picture of the screen, and four short answers: what it is, how it works, how you add your information, and how you interact with it.

A note about the pictures. Every picture in this guide is a real screen of the app, taken on November 26, 2026. Where a screen showed private things — an account email, private message lists, or members' names — those parts are blurred or covered on purpose. Nothing private is printed in this guide.

What is inside: 1. Join & sign up · 2. Sign in & forgot password · 3. The Feed · 4. Create a post · 5. Profiles · 6. Follow & messages · 7. Marketplace · 8. Jobs · 9. Events · 10. Playbooks · 11. Institutions · 12. Nearby · 13. Knowledge Hub · 14. Research Lab · 15. Wrestlepedia · 16. Radio (Audio Hub) · 17. Notifications · 18. Edit Profile & Settings · 19. Languages · 20. Aria, the AI helper.

1. Join & sign up



The sign-up form: name, username, email, password, role, and language.

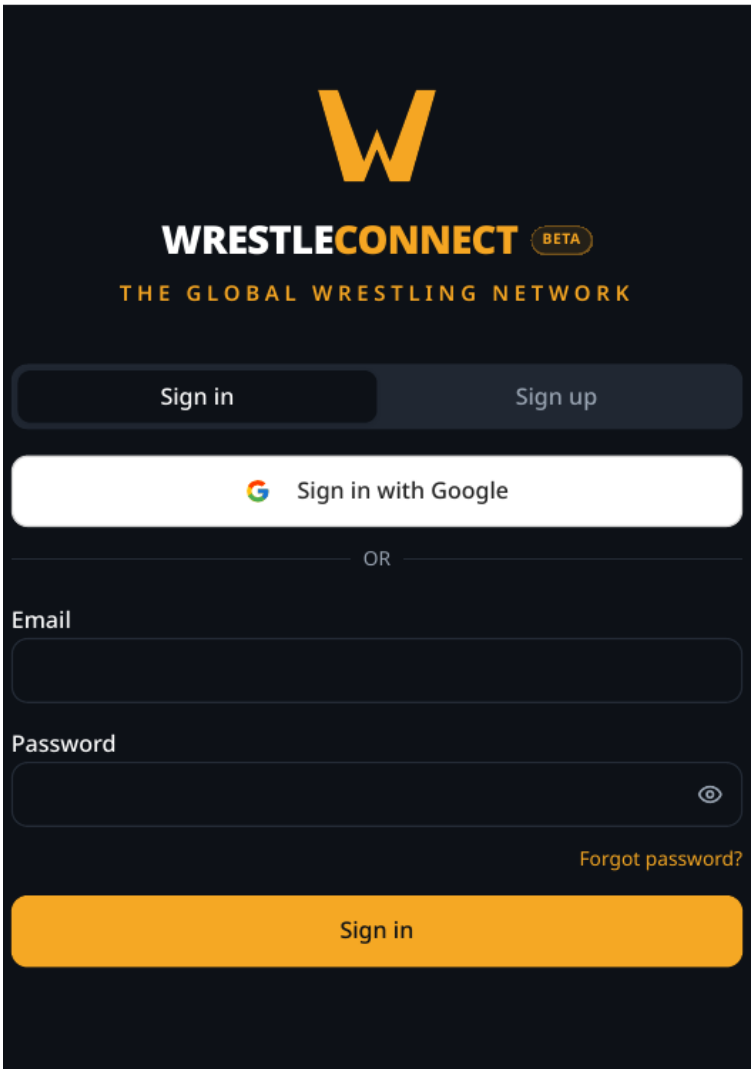
What it is. Joining WrestleConnect is free. One short form makes your account.

How it works. Tap "Join Free". Fill in your full name, a username, your email, and a password. The password must have at least 12 characters. Pick your role and your preferred language. Tap "Create account". You can also tap "Sign in with Google" and skip the form.

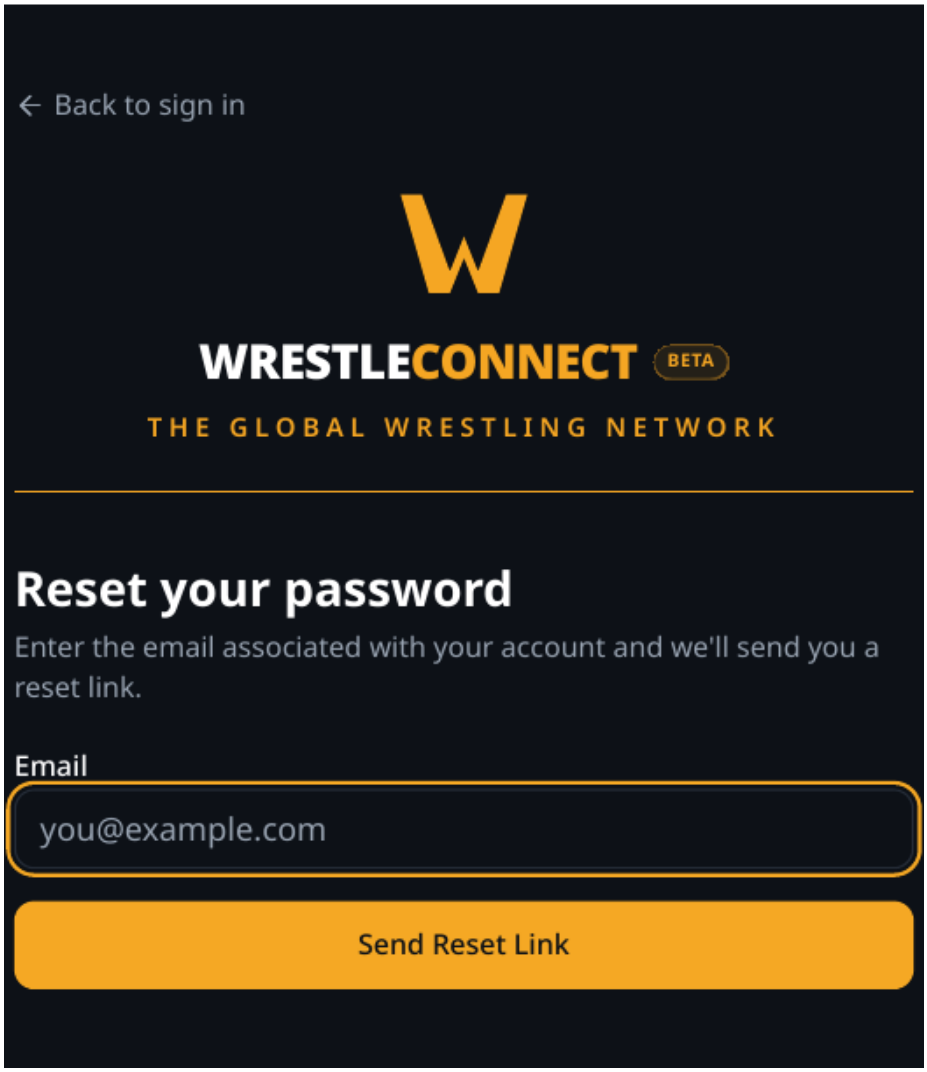
How you add your information. The form is the information: your name, username, email, password, role, and language. You can change almost all of it later, in Edit Profile (Section 18).

How you interact. Your role is your badge — it tells the whole network who you are. The role list includes: Wrestler and MMA Athlete, Coach, Scout, Fan, Institution or School, Vendor, Researcher, Parent, Former Athlete, Official or Referee, and Media & Creator. Pick the one that fits you best. Later you can add extra roles as tags on your profile.

2. Sign in & forgot password



The sign-in form.



The "Reset your password" screen.

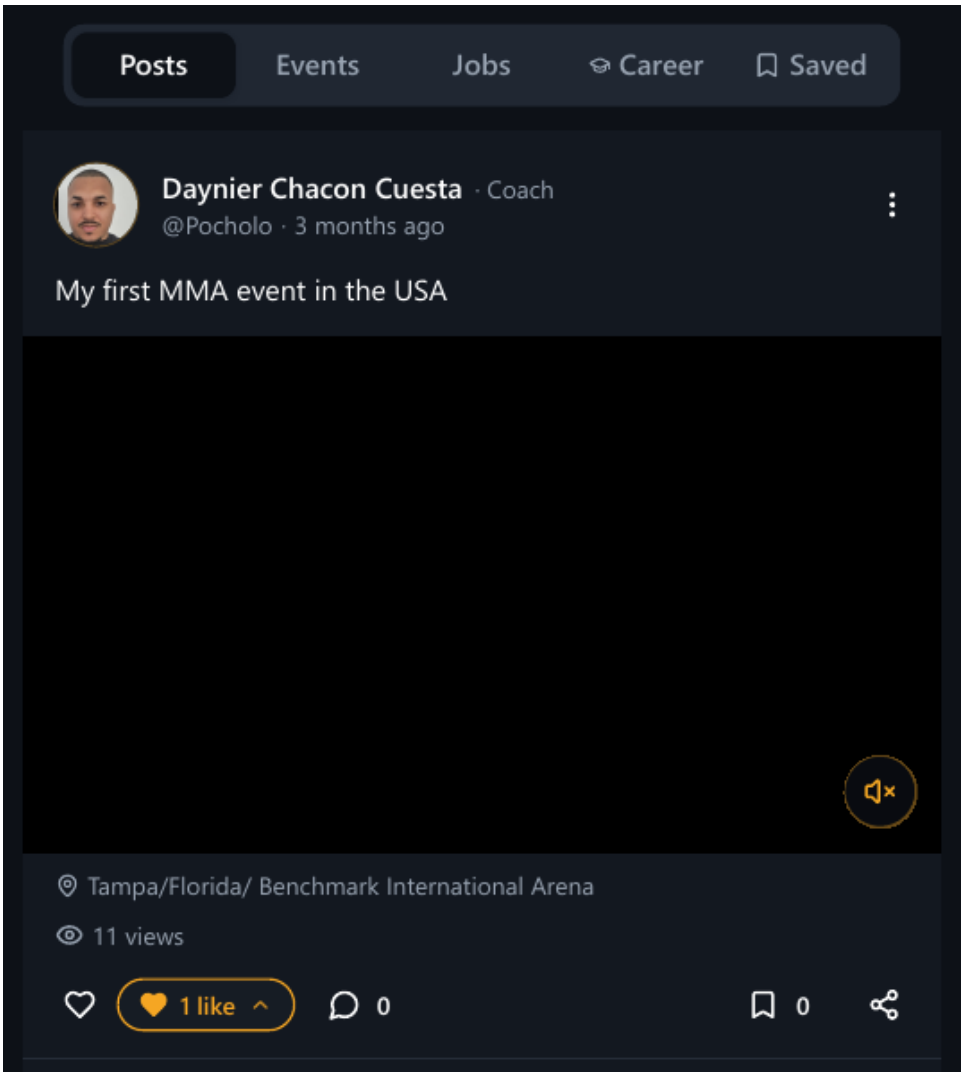
What it is. The sign-in screen is the door back into your account. The reset screen is the spare key.

How it works. Type your email and your password, then tap "Sign in". Or tap "Sign in with Google" and use your Google account instead.

How you add your information. Just your email and password. Nothing else is asked.

How you interact. If you forget your password, tap "Forgot password?" under the sign-in button. Type your email and tap "Send Reset Link". The app emails you a link. Open the link and choose a new password — at least 12 characters, like the first one.

3. The Feed



Real posts with the like, comment, save, and share buttons — shown on the founder's profile, where posts look the same as in the feed.

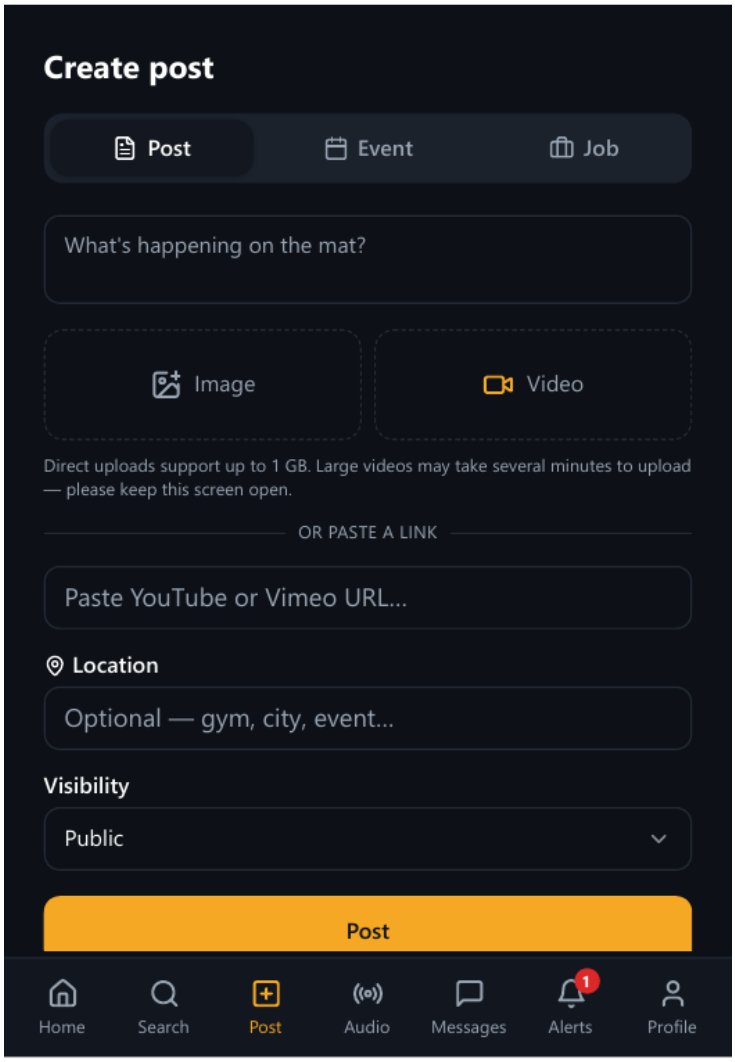
What it is. The feed is the home river of the app: a long, scrolling list of posts from the wrestling world.

How it works. New posts flow in as people publish them. You scroll down and they keep coming. At the top there are tabs: Posts, Events, Jobs, Career, and Saved — the same river, sorted five ways.

How you add your information. You do not type anything into the feed itself. Your posts land in the feed when you publish them — that is the next section.

How you interact. Tap the heart to like a post. Tap the speech bubble to comment. Tap the bookmark to save the post for later. Tap the share icon to pass it on. The small eye shows how many people have seen the post. One honest note: there is no picture of the whole feed in this guide, because the feed page is too long and heavy to print. The picture above shows real posts, exactly the way they appear in the feed.

4. Create a post



The "Create post" screen: text, photo or video, a video link, location, and who can see it.

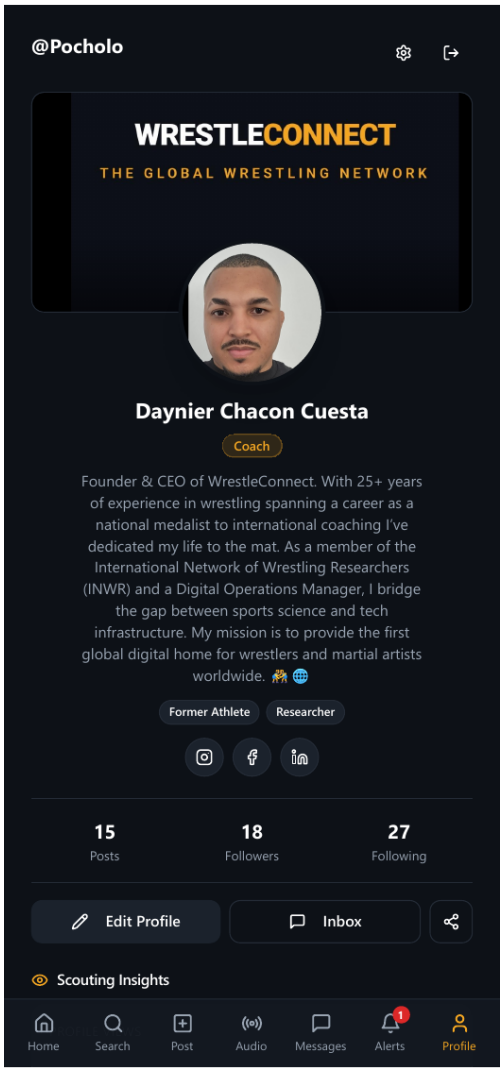
What it is. This is the writing desk of the app. Every post starts here.

How it works. Tap "Post" in the bottom bar. Write what is happening on the mat. Add a photo or a video (uploads can be up to 1 GB — big videos take a few minutes, so keep the screen open). Or paste a YouTube or Vimeo link instead. Add a location if you want, choose who can see the post, and tap the orange "Post" button.

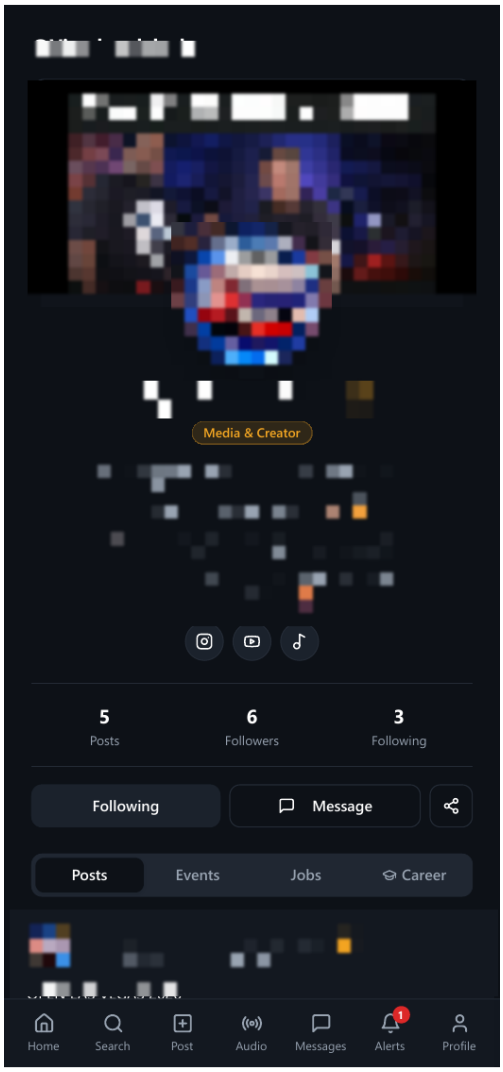
How you add your information. Your words, your photo or video, and your location — that is the whole recipe. The tabs at the top of this same screen let you create an Event or a Job instead of a normal post.

How you interact. The moment you tap "Post", your post goes to the feed and to your profile. From there, people can like it, comment on it, save it, and share it.

5. Profiles



The founder's own profile page: banner, photo, role badge, bio, and the numbers — posts, followers, following.



A member's profile page. The name, photos, and posts are blurred on purpose in this guide. The Following and Message buttons and the Posts / Events / Jobs / Career tabs are real.

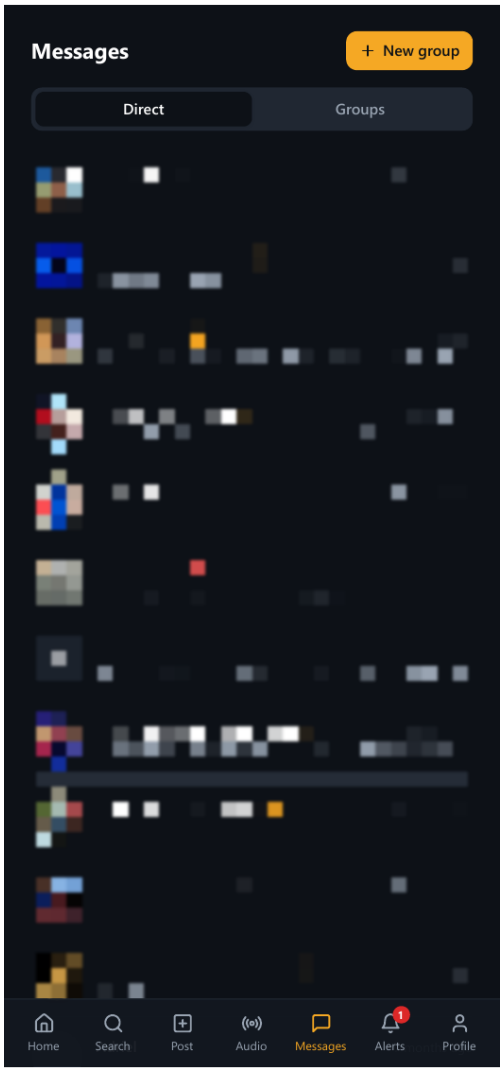
What it is. Your profile is your page in the wrestling world. It shows your banner, your photo, your name, your role badge, your short story (your bio), and your numbers: how many posts, followers, and people you follow.

How it works. Tap "Profile" in the bottom bar to see your own page. Tap any person's name or photo, anywhere in the app, to visit their page.

How you add your information. Your banner photo, profile photo, name, role, bio, extra role tags, and links to your Instagram, Facebook, and LinkedIn. Section 18 shows the screen where you type all of it.

How you interact. On another person's page there are two big buttons: Follow — or "Following", if you already follow them — and Message. Under the buttons are tabs: Posts, Events, Jobs, and Career. Everything that person has shared sits in those tabs, in one place.

6. Follow & messages



The Messages screen. The whole conversation list is blurred on purpose — names, photos, and message previews are private. The Direct and Groups tabs and the "+ New group" button are real.

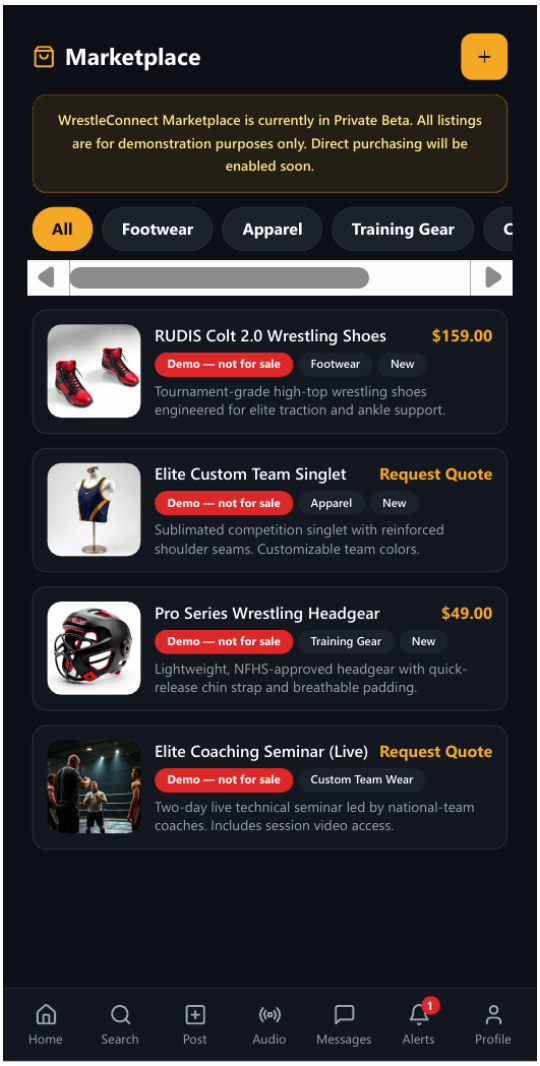
What it is. Following keeps you close to your people. Messages are private conversations, one to one or in groups.

How it works. When you follow someone, you see their posts and they get an alert that you followed them. The Messages screen has two tabs: Direct, for one person, and Groups, for many people. Tap "+ New group" to start a group chat.

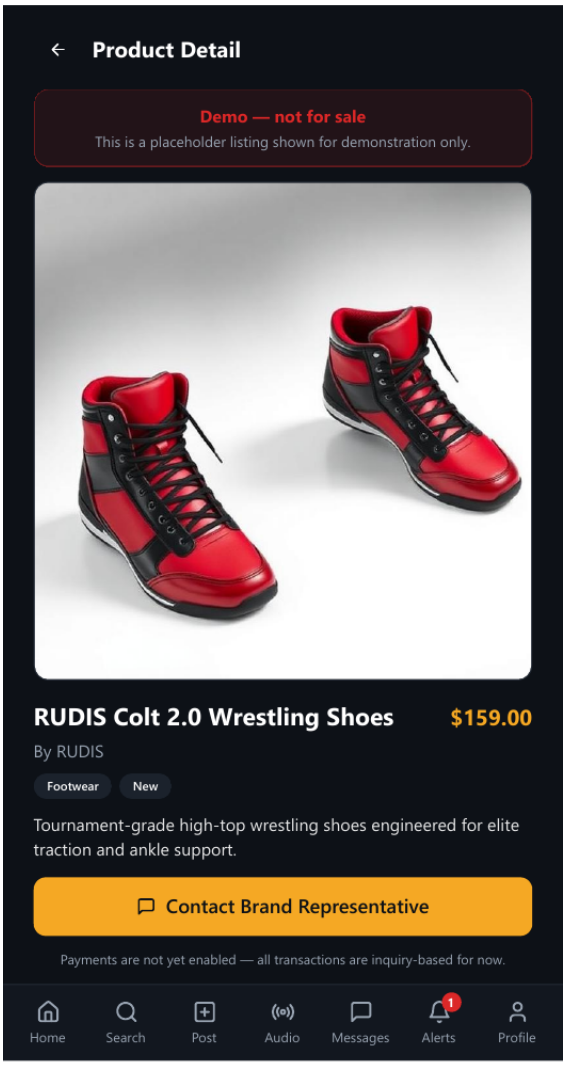
How you add your information. You write messages the normal way: open a chat, type, send. Your list shows each conversation with its last message, so you can find your place fast.

How you interact. Open a conversation and talk — training plans, event details, or just catching up. In this guide's picture the list is blurred on purpose. In your own app, your list is clear, and only you can see it.

7. Marketplace



The Marketplace: demo listings for shoes, a singlet, headgear, and a coaching seminar.



One item opened: the RUDIS Colt 2.0 wrestling shoes, with price, description, and the contact button.

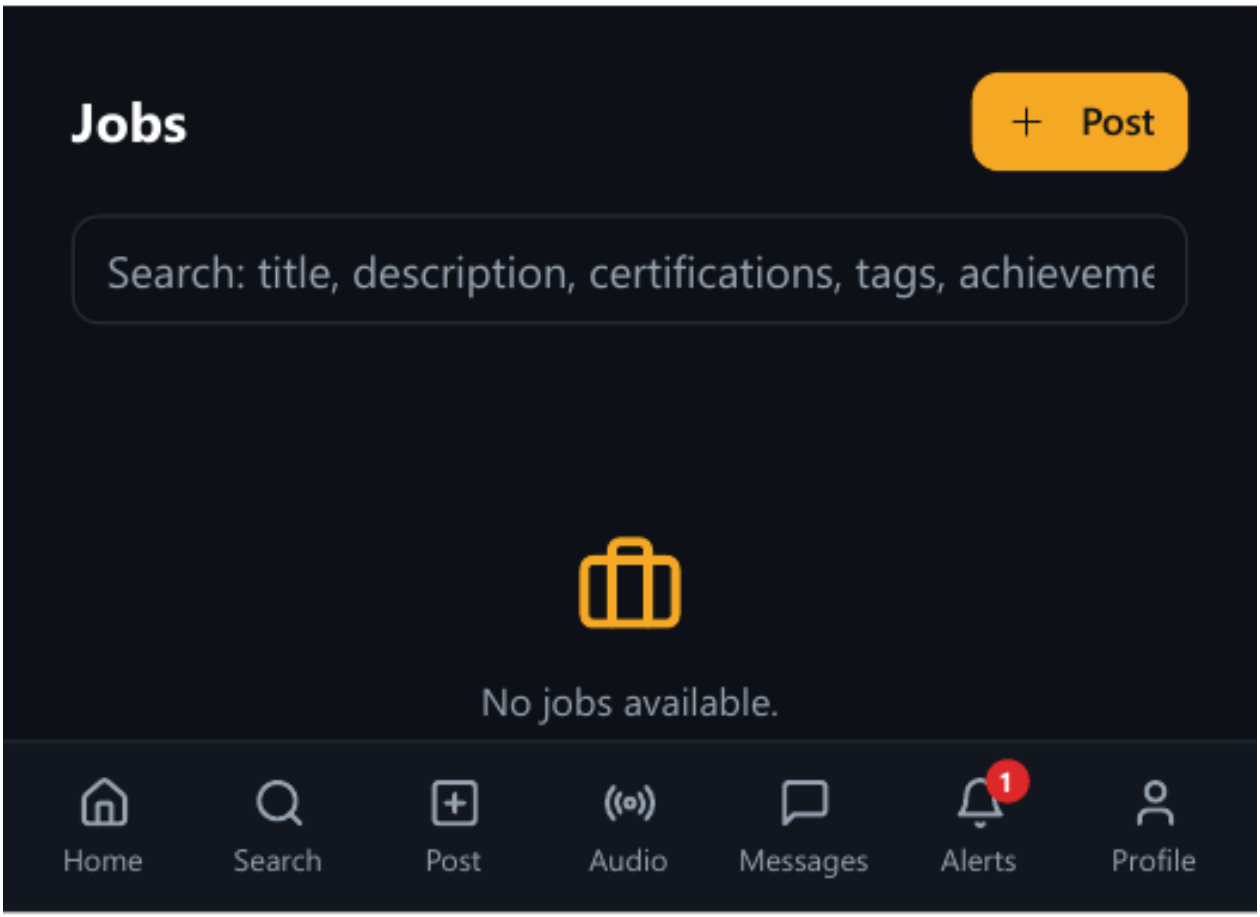
What it is. The Marketplace is the shop window of WrestleConnect: wrestling shoes, singlets, headgear, team wear, and services like coaching seminars.

How it works. Items scroll in a list. Filter buttons at the top sort them: All, Footwear, Apparel, Training Gear, and more. Tap any item to open its full page — big photo, price, description, and a "Contact Brand Representative" button.

How you add your information. Tap the "+" button at the top of the Marketplace to list something of yours: a photo, a name, a price, a category, and a short description.

How you interact. One honest note: today the Marketplace is in Private Beta. The listings in these pictures are demo examples — each one is marked "Demo — not for sale" — and payments are not turned on yet. For now, interest goes through the contact button. When real sellers arrive, their listings will take the demos' place.

8. Jobs



The Jobs board, with its search box and "+ Post" button — empty today.

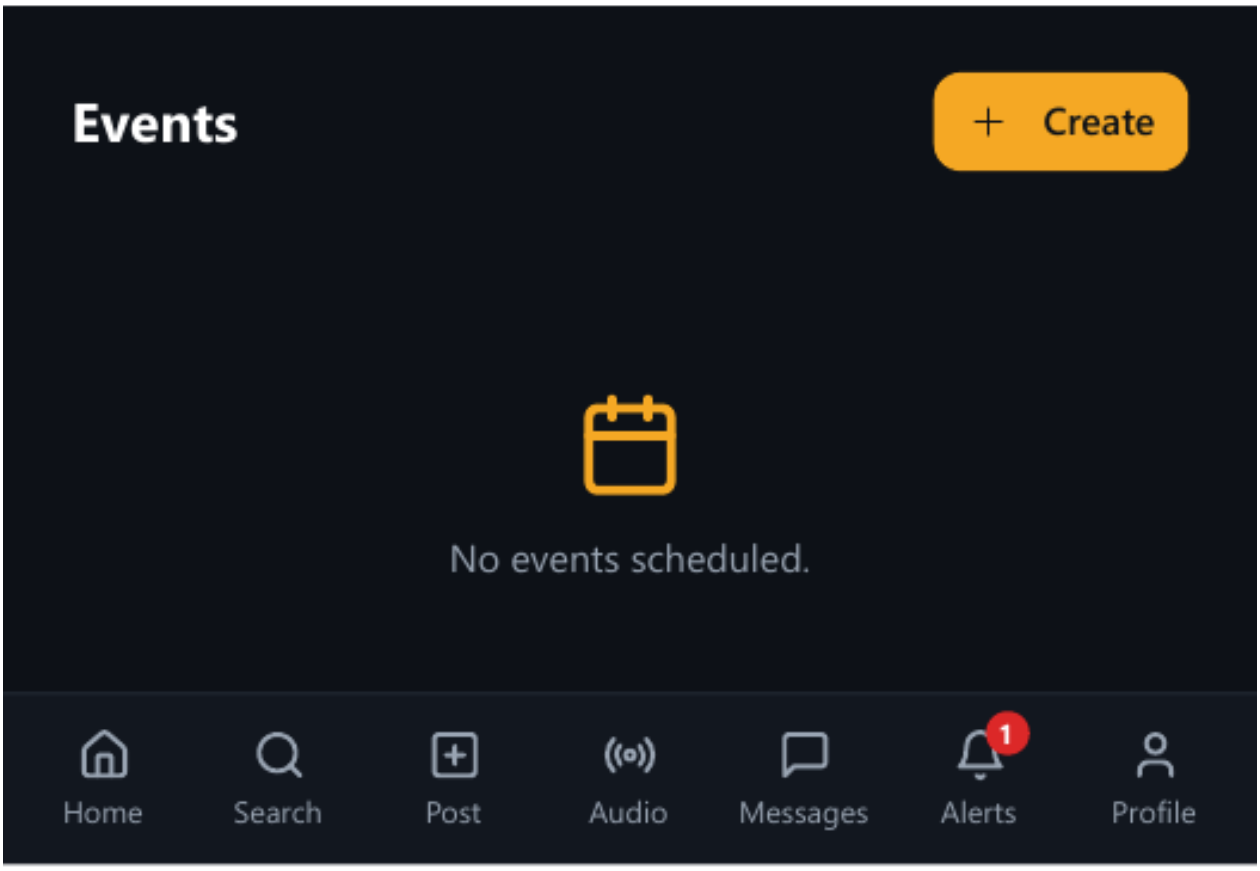
What it is. The Jobs board is where wrestling work is posted: coaching jobs, program openings, and other wrestling work.

How it works. A search box at the top lets you look by title, description, certifications, and tags. Jobs appear as a list under it.

How you add your information. Tap "+ Post" and fill in the job: what it is, where it is, and what it asks for. Coaches and institutions are the main posters.

How you interact. Read a job that fits you, then reach the poster through their profile or a message. One honest note: right now the shelf is empty — the screen itself says "No jobs available." The first people to post a job will fill it.

9. Events



The Events board, with its "+ Create" button — empty today.

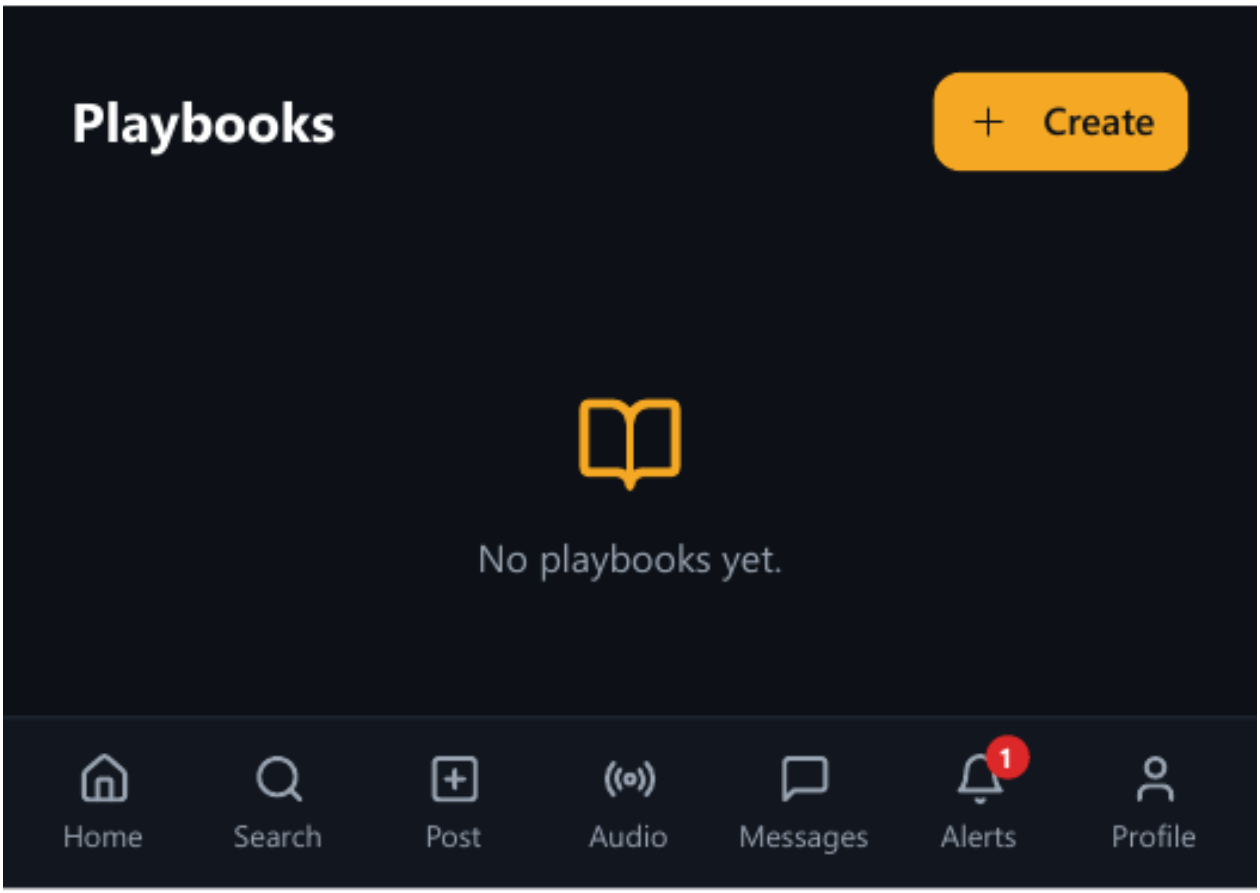
What it is. Events is the calendar board: tournaments, camps, seminars, and meets.

How it works. Events appear as a list, in date order, so the next one is easy to find.

How you add your information. Tap "+ Create" and add your event: its name, date, place, and details. You can also start from the "Post" button and choose the Event tab there.

How you interact. Open an event to see its details. Nearby (Section 12) helps you find events close to your city. One honest note: right now the shelf is empty — the screen itself says "No events scheduled." The first organizers to post will fill it.

10. Playbooks



The Playbooks shelf, with its "+ Create" button — empty today.

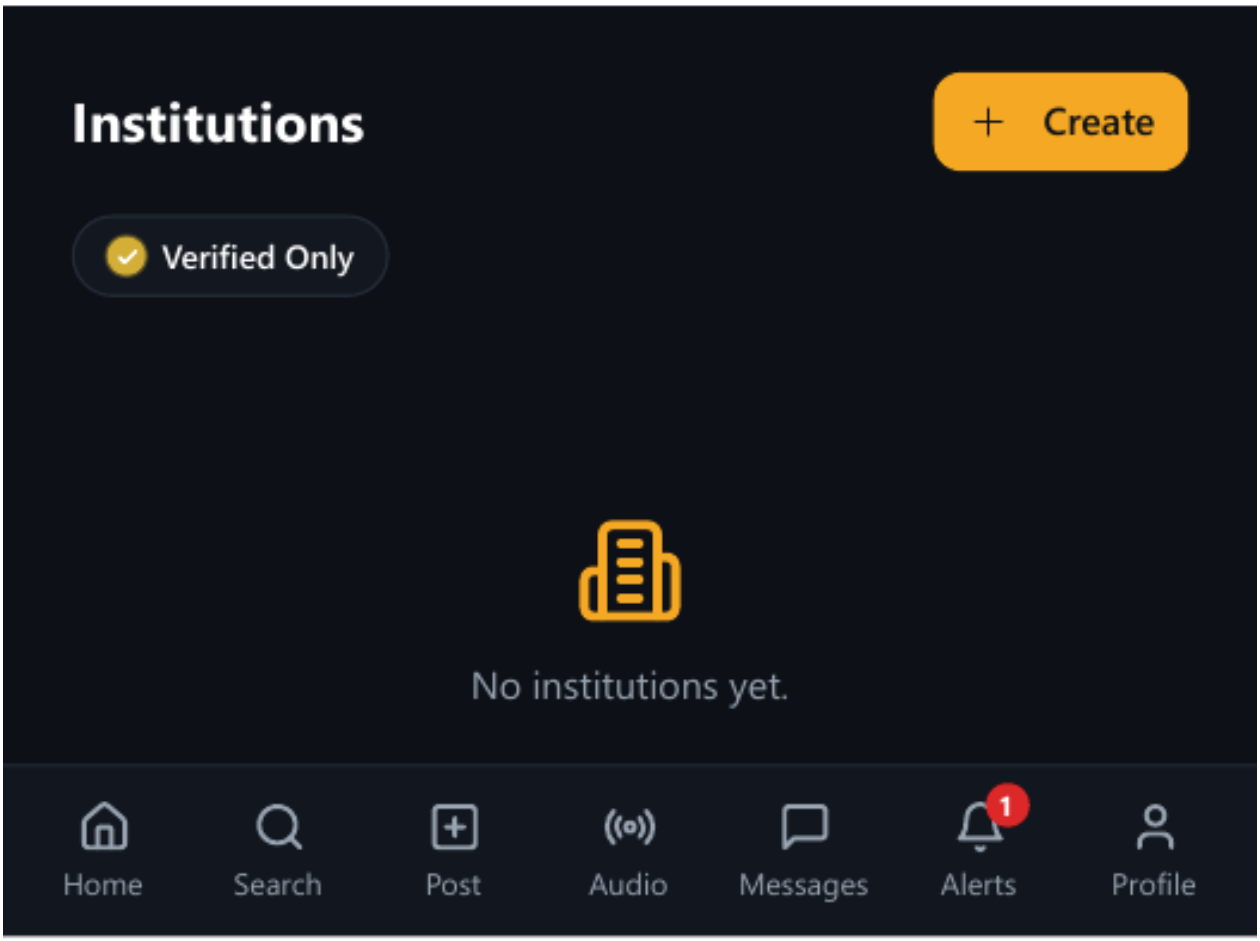
What it is. Playbooks is a shelf for training knowledge: technique guides, practice plans, and coaching systems.

How it works. Playbooks appear as a list. Tap one to open it and read it.

How you add your information. Tap "+ Create" and write your playbook: a title, the steps, and the notes from your own years on the mat.

How you interact. Read other coaches' playbooks and take their ideas into your own room. One honest note: right now the shelf is empty — the screen itself says "No playbooks yet." The first coaches to share will fill it.

11. Institutions



The Institutions directory, with its "Verified Only" filter and "+ Create" button — empty today.

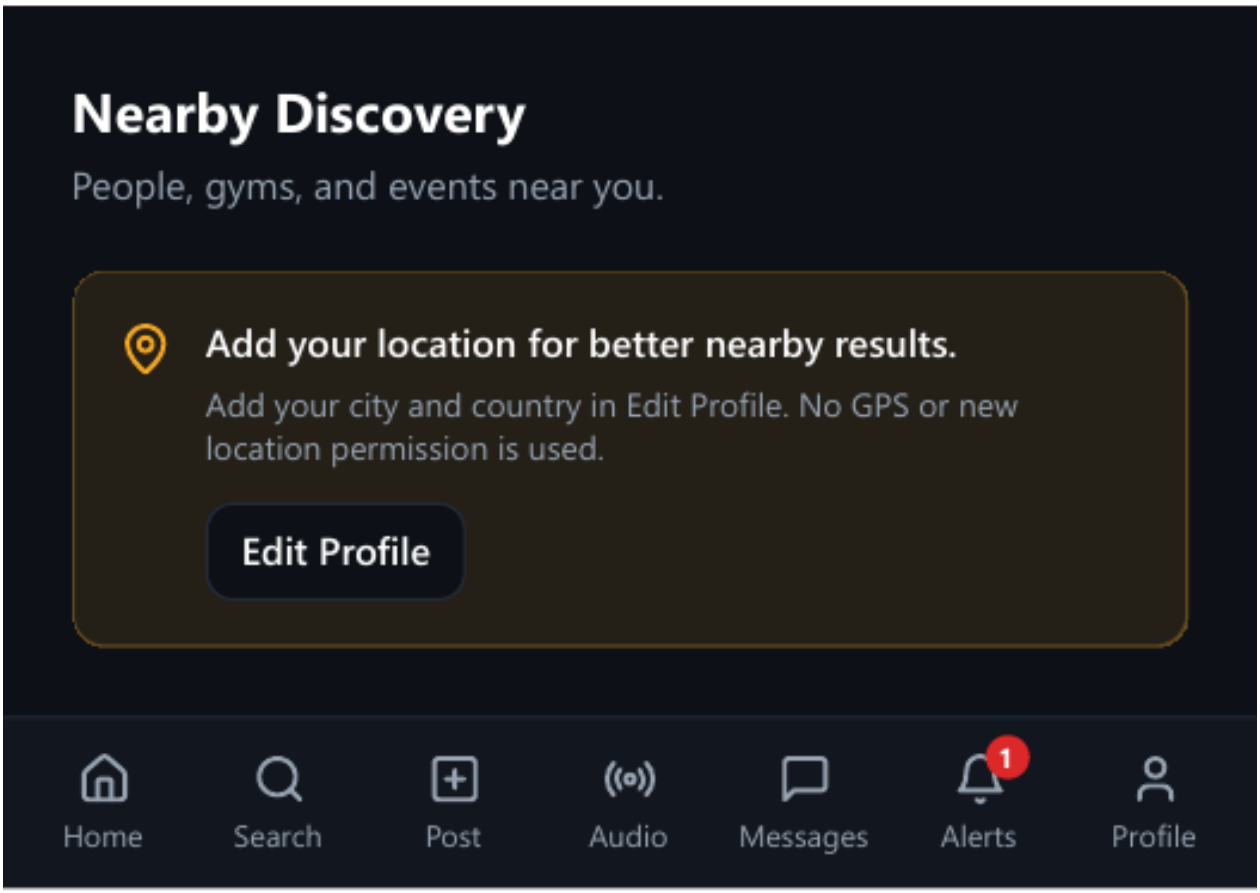
What it is. Institutions is the directory of schools, clubs, academies, and programs.

How it works. Institutions appear as a list. The "Verified Only" button filters the list down to checked, official pages.

How you add your information. Tap "+ Create" to add your school or club: its name, its place, and what it offers.

How you interact. Find programs, open their pages, follow them, and message them. One honest note: right now the shelf is empty — the screen itself says "No institutions yet." The first schools and clubs to join will fill it.

12. Nearby



Nearby Discovery, asking for a city and country in Edit Profile — no GPS is used.

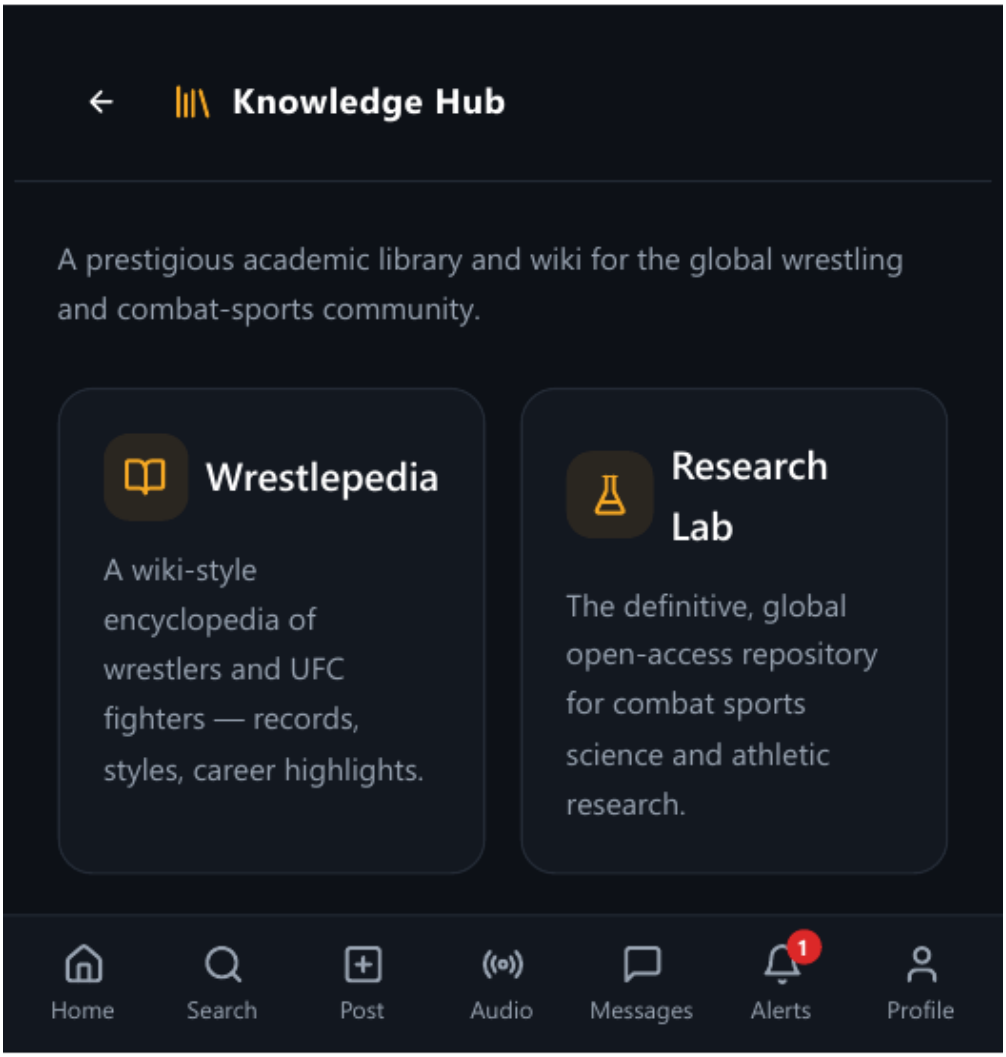
What it is. Nearby Discovery finds people, gyms, and events close to where you are.

How it works. The app matches by the city and country written on your profile — people in your city first, then your country. No GPS and no location permission is used. The screen says so itself.

How you add your information. Add your city and country in Edit Profile (Section 18), and choose whether your location is public or private. Only members who chose "public" appear to other people.

How you interact. Open a person, gym, or event near you. Follow people and join events from there. The picture shows the screen before a location is added — it asks you to add yours in Edit Profile.

13. Knowledge Hub



The Knowledge Hub: two doors — Wrestlepedia and the Research Lab.

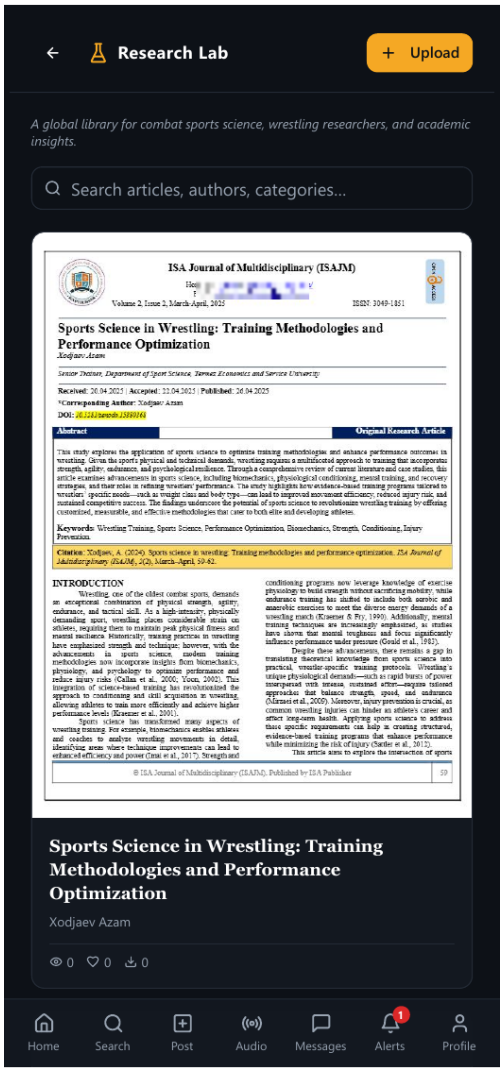
What it is. The Knowledge Hub is the library door of the app. Behind it sit the two knowledge rooms: Wrestlepedia and the Research Lab.

How it works. Two big cards. Tap one to walk into that room.

How you add your information. Inside the rooms: you suggest wrestlers in Wrestlepedia and upload papers in the Research Lab. The next two sections show both.

How you interact. Read, learn, and carry what you find back to training and to school work. Editors also work from this hub — they approve drafts, so the library stays trustworthy.

14. Research Lab



The Research Lab, showing a real published paper about sports science in wrestling.

What it is. The Research Lab is a global library of combat-sports science: real research papers about wrestling training, the body, and performance.

How it works. Papers appear as cards with their cover page, title, and author. The picture shows a real published paper: "Sports Science in Wrestling: Training Methodologies and Performance Optimization". A search box at the top finds articles by title, author, or category.

How you add your information. Tap "+ Upload" to add a paper of yours. Researchers and students are the main contributors.

How you interact. Open a paper and read it. Under each paper, the eye, heart, and download icons count its views, likes, and downloads. Some papers are premium: you ask for access, and the owner says yes or no.

15. Wrestlepedia



The top of Wrestlepedia: the search box and the "+ Suggest" button.

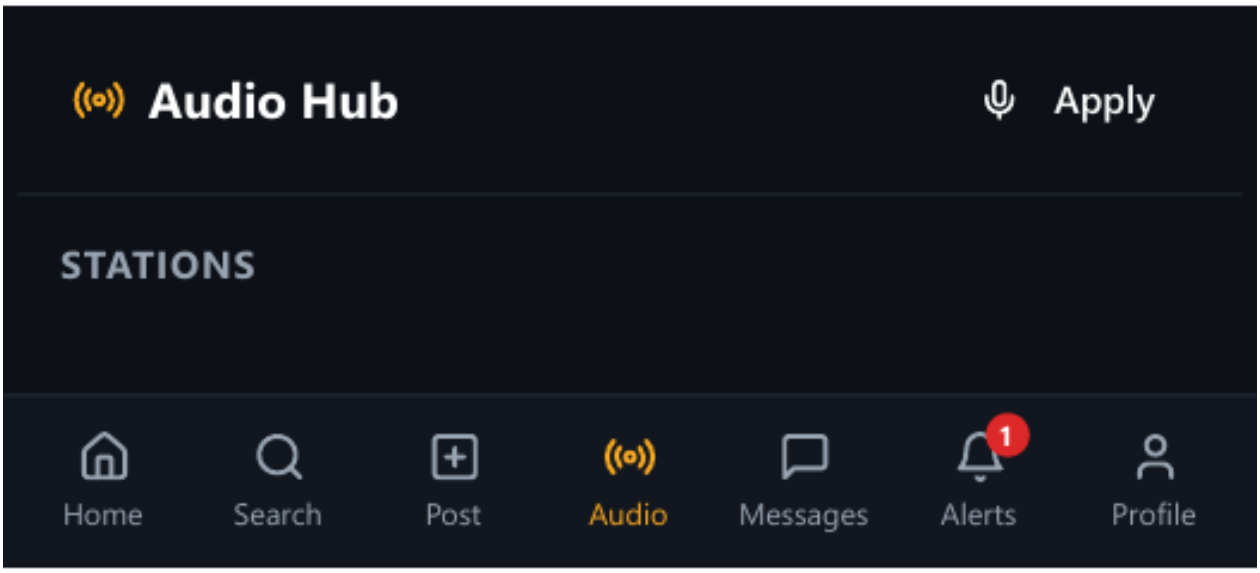
What it is. Wrestlepedia is a wiki-style encyclopedia of wrestlers and fighters: their records, styles, and career highlights.

How it works. Type a name, a fighter, or a weight class into the search box. Each entry opens as a card with the wrestler's sport, style, weight class, and country.

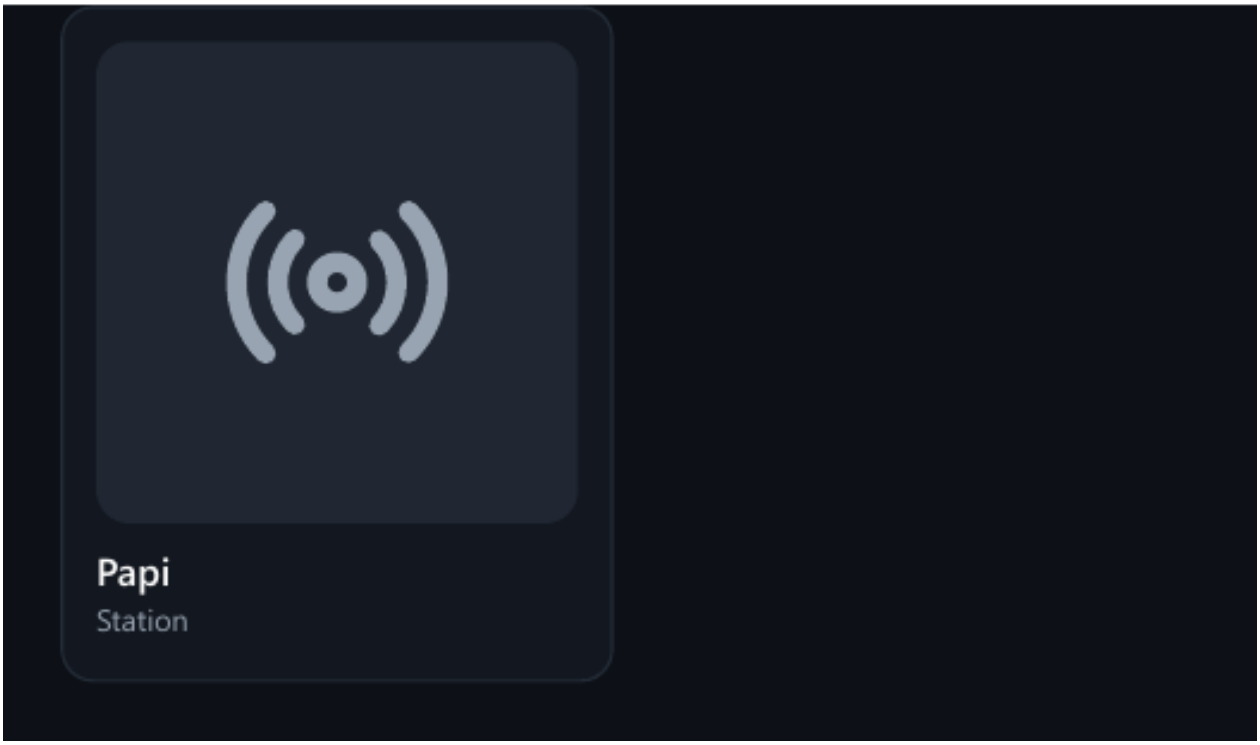
How you add your information. Tap "+ Suggest" to propose a wrestler who belongs in the encyclopedia. Editors check every suggestion before it goes public.

How you interact. Search the greats and read their records. The book is young: one of its first entries is Torreblanca, a freestyle wrestler from Cuba in the 86 kg class. More entries are on the way — including 26 verified Cuban champions whose records are researched and ready to load.

16. Radio (Audio Hub)



The Audio Hub: the Stations list and the "Apply" button.



The first station card in the Audio Hub.

What it is. The Audio Hub is the radio room of WrestleConnect: audio stations run by members — interviews, talk, and wrestling stories.

How it works. Stations appear as cards under the word "Stations". Tap a station to open it and listen.

How you add your information. Tap "Apply" at the top to ask for a station of your own. When you are approved, your station gets its page and you can start publishing audio.

How you interact. Listen to stations and follow the voices you like. One honest note: the room is new. Today there is one station and no episodes yet. The first broadcasters will fill it with sound.

17. Notifications



The Notifications list. Every follower name is blurred on purpose in this guide.

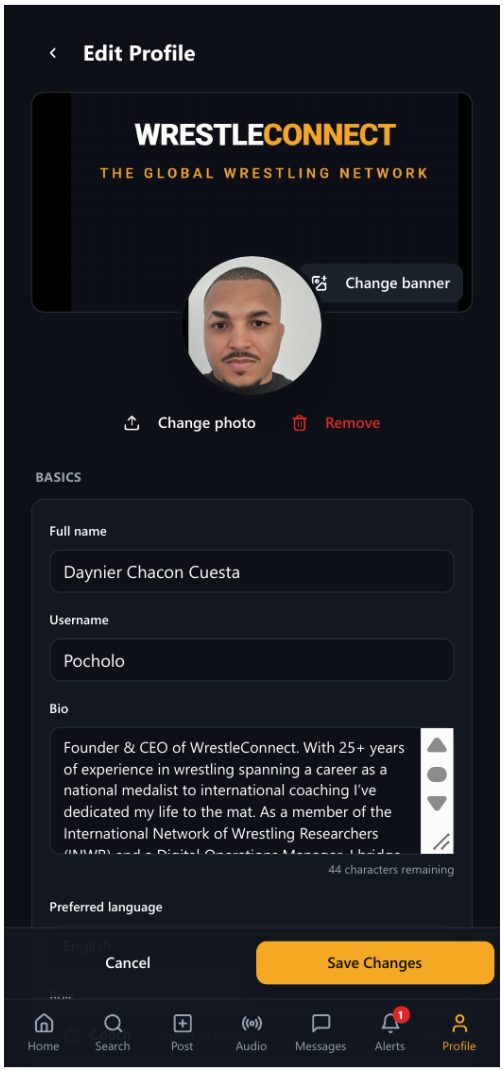
What it is. Notifications are your alerts. In the bottom bar the bell is called "Alerts". A small red number on it means something new happened.

How it works. Every alert is a small card: what happened, and how long ago. Most alerts today say "New follower" — somebody started following you.

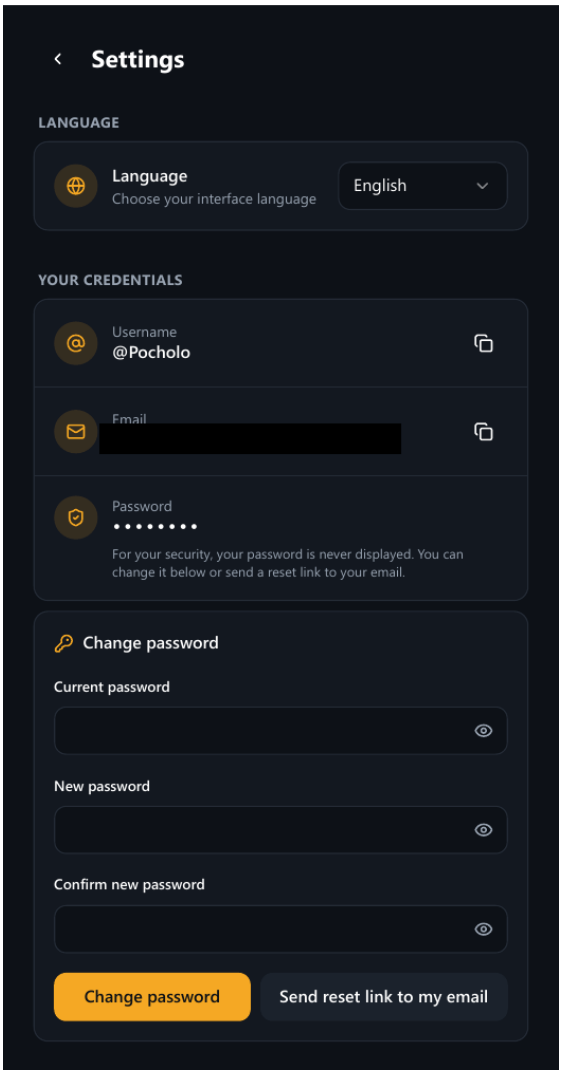
How you add your information. You add nothing here. Alerts are written for you, by other people's actions.

How you interact. Tap an alert to go to the person or the post it talks about. In this guide's picture the followers' names are blurred on purpose; in your own app, your alerts show the names clearly. You choose which alerts you receive in Settings (Section 18).

18. Edit Profile & Settings



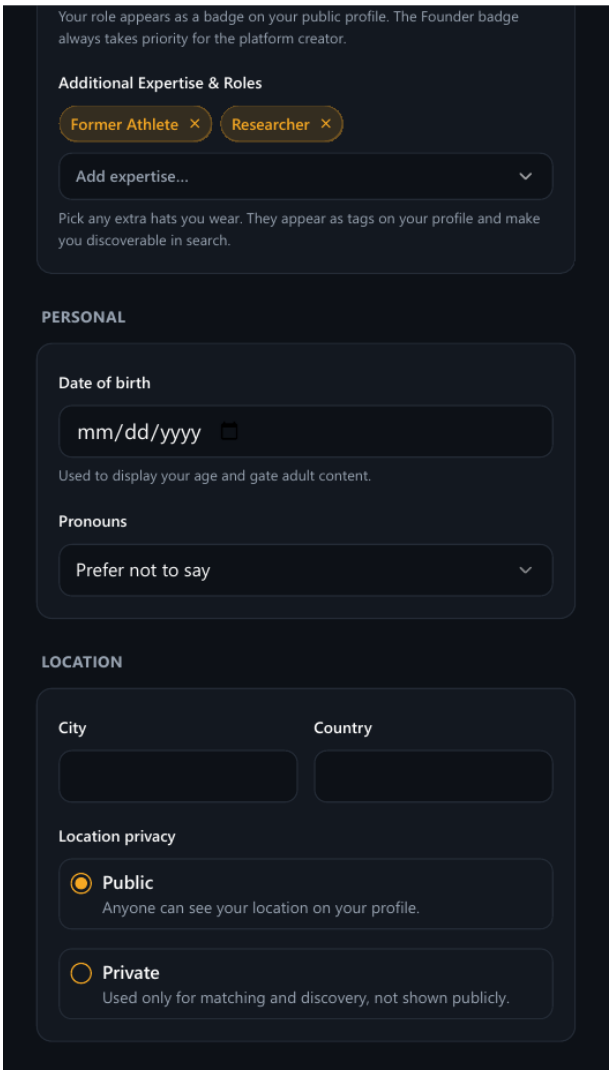
Edit Profile: banner, photo, name, username, and bio.



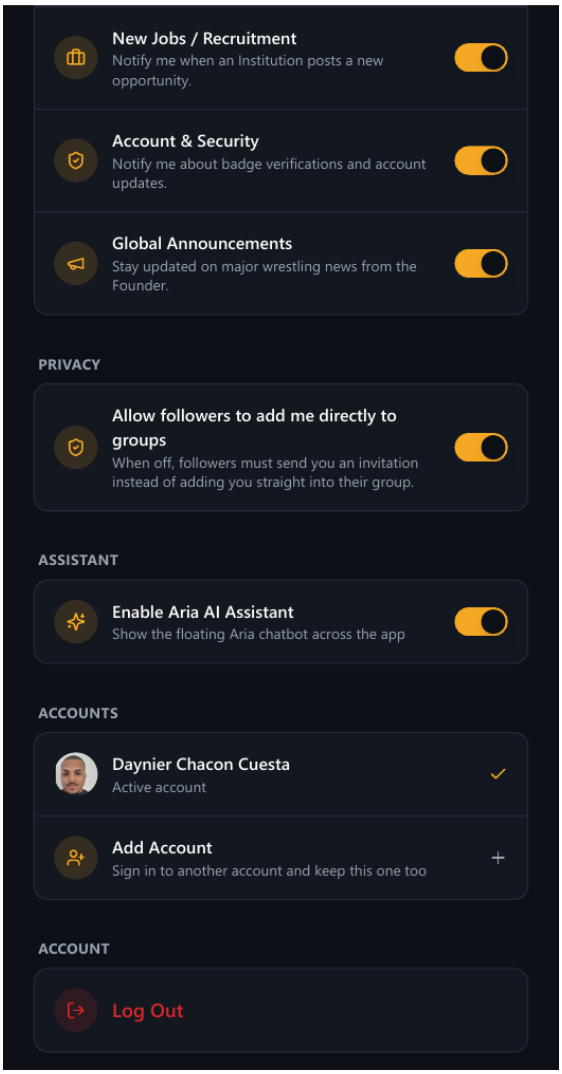
Settings: language, your credentials, and changing your password. The account email is covered with a black bar on purpose in this guide.

What it is. Edit Profile is where your public page is written. Settings is where your account, language, alerts, and privacy are controlled.

How it works. In Edit Profile you change your banner and photo, your name, username, and bio, add extra role tags, and set your date of birth. Further down (next picture) you set your city and country, and whether your location is public or private — that is what powers Nearby. In Settings you see your username and email, change your password, and send yourself a reset link.



Edit Profile, lower half: extra roles, date of birth, and the city / country / location-privacy choices.

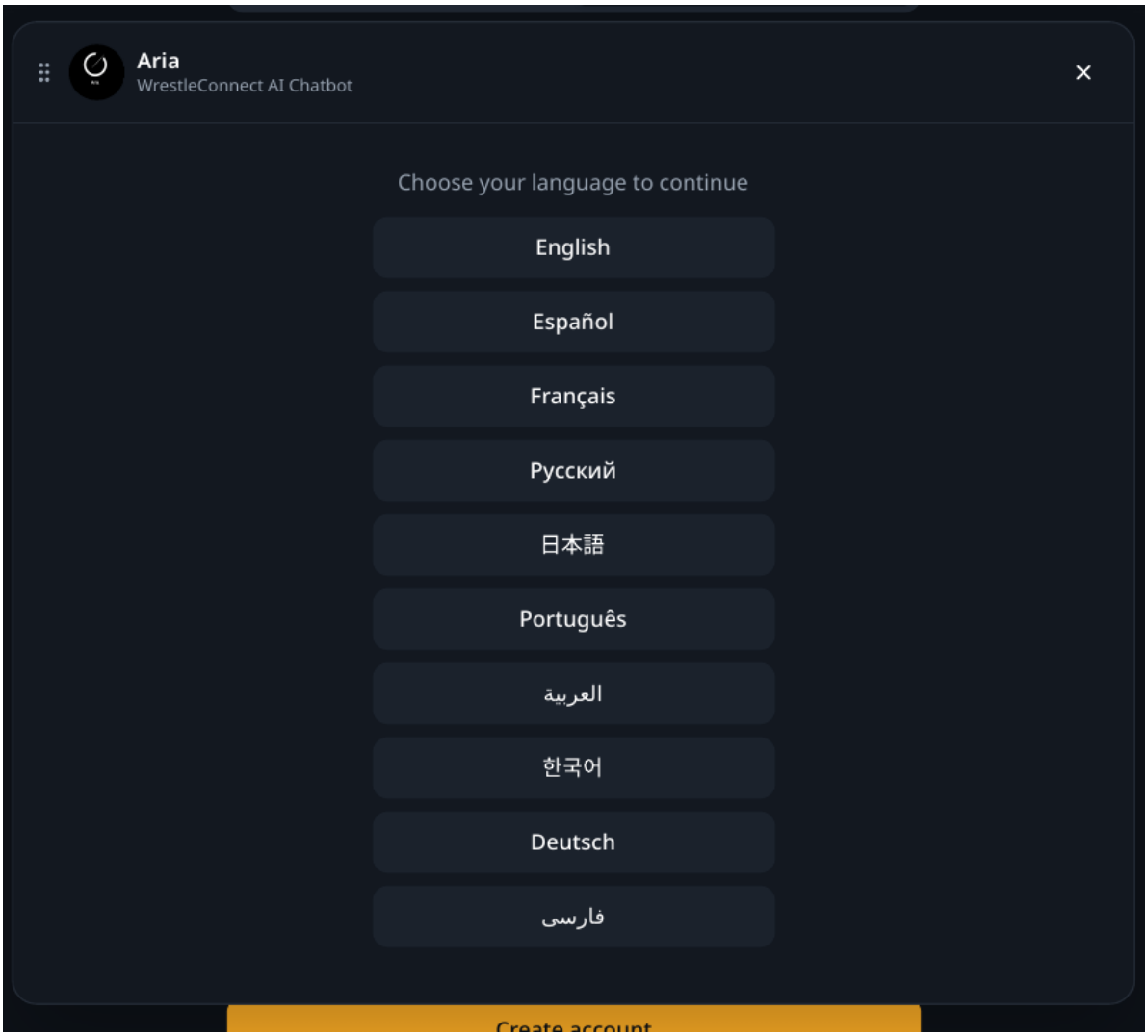


Settings, lower half: alert switches, the group-privacy switch, the Aria assistant switch, accounts, and Log Out.

How you add your information. Type in the boxes and tap "Save Changes". In Settings, flip the switches: which alerts you want, whether followers can add you straight into groups, and whether the Aria assistant floats on your screen.

How you interact. Everything you save here is what the rest of the app shows and does — your page, your alerts, your privacy. One privacy note: in this guide's Settings picture, the account email is covered with a black bar on purpose. In your own app, only you see your email.

19. Languages



The language list: the same 10 languages Aria offers when she first opens.

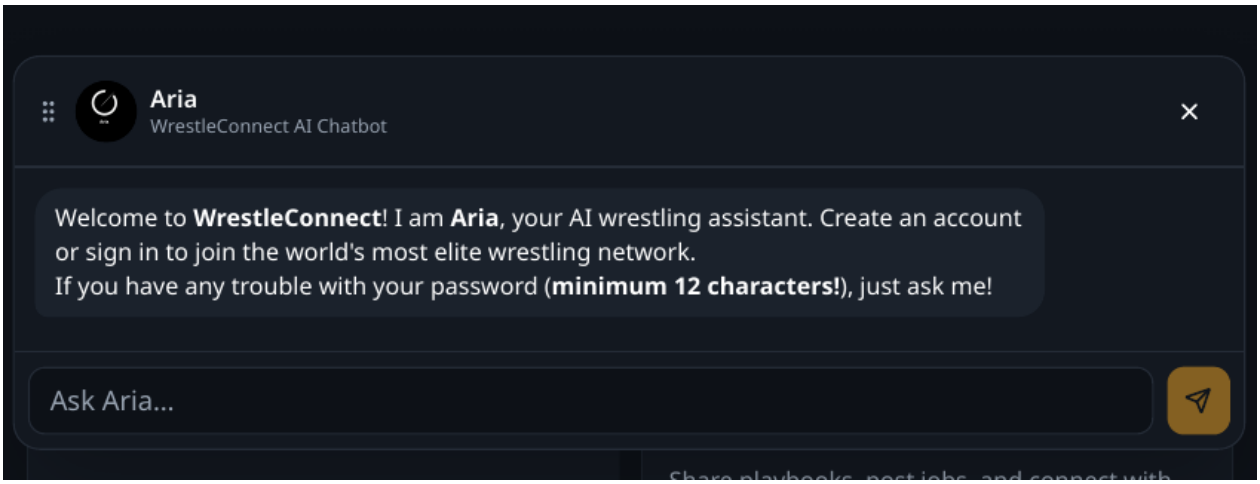
What it is. WrestleConnect speaks 10 languages: English, Spanish, French, Russian, Japanese, Portuguese, Arabic, Korean, German, and Persian (Farsi).

How it works. Pick your language when you join, or change it at any time — with the language button at the top of the site, or with the Language box in Settings. The whole app changes with you: buttons, menus, and pages.

How you add your information. Just your choice. One tap, and the app speaks it.

How you interact. Use the app in the language you think in, and talk to people in theirs. The picture shows the language list that Aria, the AI helper, shows when she first opens — the same 10 languages.

20. Aria, the AI helper



Aria's chat window open on the front page, with her welcome message and the "Ask Aria..." box.

What it is. Aria is the built-in AI assistant of WrestleConnect: a chat window that answers questions about the app and about wrestling.

How it works. Tap Aria's button and she opens. First she asks for your language (that is the list in Section 19). Then she greets you and waits for your question in the "Ask Aria..." box.

How you add your information. Type your question in your own words, in any of the 10 languages.

How you interact. Ask her how things work. In her welcome message she already helps with the most common problem: passwords — she reminds you a password needs at least 12 characters. If you do not want her on your screen, you can turn her off in Settings (Section 18).

The end — and the beginning. That is every room of WrestleConnect today: some full of life, some still empty shelves waiting for their first people. The app is young, and it grows one member, one post, one school at a time. If you are reading this guide, you are early — and early people are the ones who fill the shelves.

The global wrestling and MMA network built by a wrestler, free forever. Join at wrestleconnect.app.