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Wrestling Media Day Pose Card

Tick the poses you want and hand this to the photographer. Lead shoulder 30 degrees off the lens.

SOLO POSES

- [ ] **1. Stance shot**
  Lead foot forward, knees bent, hips back, open hands at chest. Camera at hip.
- [ ] **2. Low stance**
  Thighs near parallel, fingertips near the mat. Hold 3 seconds.
- [ ] **3. Hands on hips**
  Square, thumbs forward, elbows slightly back.
- [ ] **4. Arms crossed**
  Arms below chest, fingertips tucked under the bicep.
- [ ] **5. Headgear in hand**
  Hang it by one strap at your side, or both hands at chest.
- [ ] **6. Headgear on shoulder**
  Straps over two fingers, resting on the near shoulder.
- [ ] **7. Tasteful flex**
  One arm bent at shoulder height, other relaxed, small smile.
- [ ] **8. Over the shoulder**
  Back angled to camera, look back over the near shoulder.
- [ ] **9. One knee on the mat**
  Forearm on raised knee, headgear on the mat beside you.
- [ ] **10. Mat edge sit**
  Feet flat, forearms on knees, hands loosely clasped.
- [ ] **11. Crown pose**
  Hold a prop crown at chest height, or set it on headgear.
- [ ] **12. Flag pose**
  School flag behind the shoulders, arms out, flag taut.
- [ ] **13. Hand raise**
  Arm straight up, fist closed. Serious, then grinning.
- [ ] **14. Looking away**
  Three quarter turn, eyes 4 ft to the side of the lens.

DUO POSES (2 PEOPLE)

- [ ] **Back to back**
  Shoulder blades touching, turned out, arms crossed.
- [ ] **Facing stance**
  Both in stance a foot apart, heads turned to camera.
- [ ] **Mirror headgear**
  Side by side, headgear in the outside hands.

TRIO POSES (3 PEOPLE)

- [ ] **Wedge**
  Center one step forward, outside two angled in.
- [ ] **Kneel and stand**
  One kneeling in front, two standing behind.
- [ ] **Captains row**
  Three in a line, all drop into stance on 3.

GROUP, SIBLINGS, COACH

- [ ] **4 or 5 wrestlers**
  Two on one knee in front, the rest in the gaps.
- [ ] **Full team**
  Line up by weight class, lightest on the left.
- [ ] **Siblings**
  Oldest to youngest by height, same stance at once.
- [ ] **Coach**
  Coach a step behind and beside, or raising the hand.

FUNNY AND OPTIONAL

- [ ] **Pin count**
  One lies grinning, a teammate slaps the mat.
- [ ] **Fake handshake**
  Shake hands, both make an "I got this" face.
- [ ] **Faith pose**
  Kneel, head bowed, hands folded over headgear.

Keep jokes on the situation, never on anyone's body or weight class. Skip any pose a wrestler is not comfortable with.

SHOOTING ON A PHONE

- [ ] 2x lens from 8 to 10 ft for one wrestler
- [ ] 1x for groups, never 0.5x for people
- [ ] Tap focus on the eyes, nudge brightness down
- [ ] Turn the wrestler toward a door or window
- [ ] Burst for stance drops and hand raises
- [ ] Phone at chest height

OUR OWN POSE IDEAS

Pose and cue: _____

Pose and cue: _____

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Media Day Game Plan

Day-of checklist, team shot order and a senior banner planner.

DAY-OF CHECKLIST

- [ ] Singlet or two-piece washed inside out, air dried
- [ ] Team warm-up or quarter-zip
- [ ] Headgear wiped, straps straight
- [ ] Clean wrestling shoes, laces tucked
- [ ] Towel, water, comb, hair ties
- [ ] Lint roller for the warm-up
- [ ] Prop crown or school flag (optional)

SKIN AND CONSENT CHECK

- [ ] Rash or sore? Tell the photographer, use warm-up frames
- [ ] Possible skin infection goes to the trainer or doctor
- [ ] Photo permission forms turned in
- [ ] Know the school opt-out list
- [ ] Ask families before posting other wrestlers

SHOT ORDER FOR EACH WRESTLER

- [ ] 1. Headshot, neutral
- [ ] 2. Headshot, smile
- [ ] 3. Stance shot, full length
- [ ] 4. Arms crossed or hands on hips
- [ ] 5. Headgear in hand
- [ ] 6. One extra: crown, flag, flex or hand raise
- [ ] 7. Seniors: vertical banner frame
- [ ] 8. Duo, trio, siblings, then team

TEAM SHOT ORDER TABLE

#	Wrestler or group	Weight class	Shots wanted	Done

Allow 1 to 2 minutes per wrestler and 15 to 25 minutes for groups. Team photo last.

SENIOR BANNER PLANNER

- [ ] Shoot vertical, full length
- [ ] Leave a quarter of the frame above the head
- [ ] Pose: stance shot
- [ ] Pose: arms crossed
- [ ] Pose: flag pose

Senior: _____

Weight class and year: _____

Uniform for the banner: _____

Banner size (2 x 4 ft?): _____

Order by (10 to 14 days before): _____