Wrestling Poster Planner

Plan one poster: message, layout, supplies. Six words or fewer on the main line.

Occasion (senior night, 100 wins, state, best friend, homecoming): _____

Event date and venue: _____

Venue sign rules checked with (name): _____

Main line (6 words or fewer)

word 1	word 2	word 3	word 4	word 5	word 6

Layout grid (22 by 28 inch board, three bands)

TOP: main line, letters 4 to 6 inches tall

MIDDLE: photos or big number

BOTTOM: number, weight class, border

Each square is 2 inches on a 22 by 28 inch board. Pencil first.

Letter height check

1 inch per 10 feet of viewing distance (minimum)

About 20 feet: 2 inches, 3 to 4 comfortable

About 40 feet: 4 inches, 5 to 6 comfortable

About 60 feet: 6 inches, 7 to 8 comfortable

About 80 feet: 8 inches, 9 to 10 comfortable

Colors

Board color: _____

Letter color: _____

Outline color: _____

Border color: _____

Back of poster note

_____

_____

_____

Supply checklist

- ☐ 22 by 28 inch poster board
- ☐ Glitter glue
- ☐ Ribbon
- ☐ Low-temp glue gun or glue sticks
- ☐ Broad-tip paint markers
- ☐ Foam sheets or cardstock
- ☐ Scissors, ruler, pencil
- ☐ Photos printed and trimmed

Rules vary by state, school, and venue. Some ban handheld signs, sticks, glitter, confetti, or tape on walls. Check your venue.

Slogan Sheet and One-Hour Build

Original lines by occasion, plus a seven-step timeline.

SENIOR NIGHT

- ☐ Pinned to Our Hearts
- ☐ Last Match, Forever Proud
- ☐ *Back: Four years of early alarms. Worth every one.*

100 WINS

- ☐ Triple Digits
- ☐ 100 Hand Raises
- ☐ *Back: Zero shortcuts, all heart.*

STATE

- ☐ Mat to State
- ☐ Every Practice Led Here
- ☐ *Back: Bracket ready, family loud.*

BEST FRIEND

- ☐ Partner Since Day One
- ☐ Arm in Arm, Mat to Mat
- ☐ *Back: Drill partner for life.*

HOMECOMING

- ☐ You've Got Me in a Cradle, HOCO?
- ☐ Riding Solo Isn't an Option, Dance?
- ☐ *Back: Check yes, no reversals.*

FUNNY

- ☐ My Voice Is Gone. My Pride Is Undefeated.
- ☐ Powered by Gas Station Coffee and Pride
- ☐ *Arm puns: Arm-azing Season, Armed With Heart*

My own slogan ideas

One-hour build (seven steps)

☐	**1. Minutes 0 to 5**	Pick one message of six words or fewer; write it on scrap paper.
☐	**2. Minutes 5 to 10**	Pencil a grid in three bands, guidelines 4 to 6 inches apart for the main line.
☐	**3. Minutes 10 to 25**	Sketch block letters in pencil, then outline in paint marker.
☐	**4. Minutes 25 to 35**	Fill letters; add a contrasting outline about a quarter inch wide.
☐	**5. Minutes 35 to 45**	Attach photos, foam numbers, stars, and ribbon outside the letters.
☐	**6. Minutes 45 to 55**	Add glitter glue to the border only; let it dry flat.
☐	**7. Minutes 55 to 60**	Squint test from across the room; darken anything that blurs.

Safety: Hot glue burns fast. Use a low-temp gun, keep cool water nearby, and have an adult run it. Seal glitter under glue or clear coat. Glitter glue usually needs a few hours or overnight to dry.