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# Emails Wrestling Journal sends

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The verification, password reset, and team invite emails you may get.

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Wrestling Journal may email you for account and team steps. Check spam or junk if you don't see one.

## Subjects you may see

- **Your Wrestling Journal verification code** (when you create an account or need to verify email)
- **Your Wrestling Journal password reset code** (when you use **Forgot password?** / **Reset password**)
- **You're invited to join {team} on Wrestling Journal** (when a coach invites you; `{team}` is your program's name)

## Verification code email

This is the screen where you type the code from that email.

Codes expire. Use the newest email if you asked more than once. Help with codes: Fix email code problems. Sign-in help: Sign in and reset your password.

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