

Date: April 5th, 2009

To: Cadet, Junior or Women's National
Team Washington Athletes

Subject: National Championships - Fargo

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Qualifying

The ASICS/Vaughn Cadet, Junior & Women's National Championship in Fargo, ND is a little different than tournaments you may be used to attending. It is not open to everyone. Each state is authorized a limited number of slots – 51 Cadets and 45 Juniors. You must qualify in the weight and style you plan on wrestling. You earn your way to Fargo through one of the following means.

1. Regional Competitions – If you place in the top three at certain regional competitions, you earn a spot over and above the State's allotted spots. In other words, you do not count against the 45 or 51 slots. Remember, this is "per style." If you placed top 3 in Freestyle but did not place in Greco, you are not guaranteed a Greco slot. You can still earn a Greco slot through placing at state. A benefit for placing at Regionals that does not apply to other qualification means is that you can go any weight. For examples, if you placed 3rd at 145 lbs, you can go 140, 135 or 152 lbs at Fargo.

2. State Championships – If you place top 3 at the Washington State Freestyle and/or Greco State Championships, you qualify for Fargo at that weight and Style.

- If you place at two different weights, 119 in Freestyle and 125 in Greco, your spot is only guaranteed in those two different weights.
- If you attended the State Championships but did not place top 3, you can be considered for any remaining slots based on your order of placing. For example, if a 4th place finisher and an 8th place finisher want the one remaining slot at a certain weight, the 4th placer would get it.

3. Petition Process – If you did not qualify for Fargo via the above listed methods, you can attempt to fill any available slots through a petition process. I will discuss that in a future information letter. Your best bet at attending Fargo is through the qualification process.

Travel

This year we will be following a method of travel that Oregon successful pioneered last year. Wrestlers will make their own travel arrangements. You will be expected to arrive at the Team Washington Hotel the day before weigh-ins.

The National office has not released the official flyer yet, which contains the schedule, application, medical release and waiver. I know this puts a crimp on travel plans. Normally the information is out before Battleground. I have the following times which you can use for travel planning.

Cadets will need to arrive in Fargo, ND on July 16th, 2008 and depart by July 25th, 2008.
Juniors will need to arrive in Fargo, ND on July 17th, 2008 and depart by July 26th, 2008.
Women will need to arrive in Fargo, ND on July 19th, 2009 and depart by July 21st, 2009.

You will note that wrestler are expected to arrive two days before weigh-ins. The Coaches want the wrestlers there early for acclimatization and a team work out.

Lodging

Wrestlers will stay with the team at the designated Team Washington Hotel. More to follow.

Costs

Final price is still a ways from being determined. Uniform packages are not finalized

As soon as the official packet is out, I will put it on the website. Check back often.

Camp

The national team camp will be from Friday, July 10th through Tuesday, July 14th at Eastern Washington University in Cheney, Washington.

Fargo Schedule

Thursday, July 16th

Pre-tournament Team and Official Registration (*Bison Sports Arena*)
12:00 PM to 5:00 PM

Pre-tournament Team and Official Registration (*Bison Sports Arena*)
7:00 PM to 9:00 PM

Friday, July 17th

FILA Greco-Roman Officials Clinic—Session I (*Century Theater*)
9:00 AM to 12:00 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
9:00 AM to 9:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
10:00 AM to 9:00 PM

Greco-Roman Technique Clinic (*Bison Sports Arena—Gym*)
12:00 PM to 1:00 PM

FILA Greco-Roman Officials Clinic—Session II (*Century Theater*)
2:00 PM to 5:00 PM

USWOA National Clinic (*Century Theater*)
2:00 PM to 5:00 PM

Pairing Advisory Council Meeting (*FargoDome*)
3:00 PM to 5:00 PM

MANDATORY: Submit Cadet Greco-Roman Team Weigh-in List (*Bison Sports Arena*)
DEADLINE at 5:00 PM

USWOA Pairing Officials Clinic (*FargoDome*)
5:00 PM to 7:00 PM

Saturday, July 18th

Cadet Greco-Roman Tournament Set-up (*FargoDome*)
6:45 AM to 9:30 AM

² Cadet Greco-Roman Medical Check and Weigh-in (*FargoDome*)
7:00 AM to 7:20 AM

Bronze Coaches Clinic: Session I (*FargoDome*)
7:00 AM to 9:30 AM

Cadet Greco-Roman Rules Clinic—*Athletes and Coaches (FargoDome—Main Floor)*
9:00 AM to 9:15 AM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
9:00 AM to 5:00 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
9:00 AM to 9:00 PM

Cadet Greco-Roman: Session I (FargoDome—Main Floor)
9:30 AM to 1:30 PM

Bronze Coaches Clinic: Session II (*FargoDome*)
2:00 PM to 4:00 PM

Cadet Greco-Roman: Session II (FargoDome—Main Floor)
3:30 PM to 7:30 PM

MANDATORY: Submit Junior Greco-Roman Team Weigh-in List (*FargoDome—Head Table*)
DEADLINE at 5:00 PM

Sunday, July 19th

Junior Greco-Roman Tournament Set-up (*FargoDome*)
6:45 AM to 9:30 AM

² **Junior Greco-Roman Medical Check and Weigh-in (FargoDome)**
7:00 AM to 7:20 AM

Bronze Coaches Clinic: Session III (*FargoDome*)
9:00 AM to 11:00 AM

Junior Greco-Roman Rules Clinic—*Athletes and Coaches (FargoDome—Main Floor)*
9:00 AM to 9:15 AM

Junior Greco-Roman: Session I (FargoDome—Main Floor)
9:30 AM to 1:30 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
12:00 PM to 9:00 PM

² **Cadet Greco-Roman Medical Check and Weigh-in [+ 2 LBS] (FargoDome)**
1:30 PM to 1:40 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
2:00 PM to 5:00 PM

Junior Greco-Roman: Session II (FargoDome—Main Floor)
3:30 PM to 7:30 PM

Cadet Greco-Roman: Session III (FargoDome—Main Floor)
3:30 PM to 7:30 PM

MANDATORY: Submit Junior Womens Freestyle Team Weigh-in List (*FargoDome—Head Table*)
DEADLINE at 5:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
7:00 PM to 9:00 PM

USWOA Executive Committee Meeting (*FargoDome*)
8:30 PM to 10:00 PM

Monday, July 20th

Junior Womens Freestyle Tournament Set-up (*FargoDome*)
6:45 AM to 9:00 AM

² **Junior Greco-Roman Medical Check and Weigh-ins [+ 2 LBS] (FargoDome)**
7:00 AM to 7:10 AM

² **Junior Womens Freestyle Medical Check and Weigh-ins (FargoDome)**
7:15 AM to 7:25 AM

Junior Womens Freestyle Rules Clinic—*Athletes and Coaches (FargoDome—Main Floor)*
8:30 AM to 8:45 AM

Junior Greco-Roman: Session III (FargoDome—Main Floor)
9:00 AM to 1:00 PM

Cadet Greco-Roman: Session IV (FargoDome—Main Floor)
9:00 AM to 1:00 PM

Junior Womens Freestyle: Session I (FargoDome—Main Floor)
9:00 AM to 2:00 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)

9:00 AM to 9:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
2:00 PM to 5:00 PM

Junior Womens Freestyle: Session II—Finals, Medal Matches and Awards (FargoDome—Main Floor)
3:00 PM to 5:00 PM

MANDATORY: Submit Junior Womens Freestyle Dual Team Weigh-in List (*FargoDome—Head Table*)
DEADLINE at 5:00 PM

Cadet Greco-Roman: Session IV—Finals, Medal Matches and Awards (FargoDome—Main Floor)
5:30 PM to 9:00 PM

Junior Womens Freestyle Duals Set-up (*FargoDome*)
6:00 PM to 8:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
7:00 PM to 9:00 PM

Tuesday, July 21st

Junior Greco-Roman: Session IV (FargoDome—Main Floor)
9:00 AM to 12:00 PM

FILA Freestyle Officials Clinic—Session I (*Century Theater*)
9:00 AM to 12:00 PM

Junior Womens Freestyle National Duals: Preliminaries through Finals (FargoDome—Main Floor)
9:00 AM to 2:00 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
1:00 PM to 9:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
1:00 PM to 5:00 PM

FILA Freestyle Officials Clinic—Session II (*Century Theater*)
2:00 PM to 5:00 PM

USWOA National Clinic (*Century Theater*)
2:00 PM to 5:00 PM

Junior Greco-Roman: Session V—Finals, Medal Matches and Awards (FargoDome—Main Floor)
3:00 PM to 6:30 PM

MANDATORY: Submit Cadet Freestyle Team Weigh-in List (*FargoDome—Head Table*)
DEADLINE at 5:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
7:00 PM to 9:00 PM

USWOA General Membership Meeting (*Stevens Auditorium*)
7:30 PM to 9:30 PM

Wednesday, July 22nd

Cadet Freestyle Tournament Set-up (*FargoDome*)
6:45 AM to 9:30 AM

² **Cadet Freestyle Medical Check and Weigh-in (FargoDome)**
7:00 AM to 7:20 AM

Cadet Freestyle Rules Clinic—*Athletes and Coaches (FargoDome—Main Floor)*

9:00 AM to 9:15 AM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
9:00 AM to 9:00 PM

Cadet Freestyle: Session I (FargoDome—Main Floor)
9:30 AM to 1:30 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
1:00 PM to 5:00 PM

Cadet Freestyle: Session II (FargoDome—Main Floor)
3:30 PM to 7:30 PM

MANDATORY: Submit Junior Freestyle Team Weigh-in List (*FargoDome—Head Table*)
DEADLINE at 5:00 PM

Tournament Registration and Housing Check-in (*Bison Sports Arena*)
7:00 PM to 9:00 PM

[Thursday, July 23^d](#)

Junior Freestyle Tournament Set-up (*FargoDome*)
6:45 AM to 9:30 AM

² Junior Freestyle Medical Check and Weigh-in (*FargoDome*)
7:00 AM to 7:20 AM

Junior Freestyle Rules Clinic—*Athletes and Coaches* (*FargoDome—Main Floor*)
9:00 AM to 9:15 AM

Junior Freestyle: Session I (*FargoDome—Main Floor*)
9:30 AM to 1:30 PM

² Cadet Freestyle Medical Check and Weigh-in [+ 2 LBS] (*FargoDome*)
1:30 PM to 1:40 PM

Junior Freestyle: Session II (*FargoDome—Main Floor*)
3:30 PM to 7:30 PM

Cadet Freestyle: Session III (*FargoDome—Main Floor*)
3:30 PM to 7:30 PM

¹ Mats Open for Workouts (*Bison Sports Arena—Gym*)
5:00 PM to 9:00 PM

[Friday, July 24th](#)

² Junior Freestyle Medical Check and Weigh-in [+ 2 LBS] (*FargoDome*)
7:00 AM to 7:10 AM

Junior Freestyle: Session III (*FargoDome—Main Floor*)
9:00 AM to 12:00 PM

Cadet Freestyle: Session IV (*FargoDome—Main Floor*)
9:00 AM to 12:00 PM

Cadet Freestyle: Session V—Finals, Medal Matches and Awards (*FargoDome—Main Floor*)
1:00 PM to 4:00 PM

Junior Freestyle: Session IV (*FargoDome—Main Floor*)
5:00 PM to 8:00 PM

[Saturday, July 25th](#)

Junior Freestyle: Session V—Finals, Medal Matches and Awards (*FargoDome—Main Floor*)
9:00 AM to 12:00 PM

¹ Team Leader MUST sign-up for workout times Bison Sports Arena.

² ALL athletes MUST be present at the BEGINNING of weigh-ins

Sessions and schedule subject to change.

For specific event procedures or scheduling, contact USA Wrestling National Events at (719) 598-8181.