

**Date:** May 6<sup>th</sup>, 2010

**To:** Potential Team Washington  
Cadet Dual Athletes

**Subject:** Cadet Duals – Rochester, MN



**From:** Chris Feist  
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## Travel and Tournament Dates

June 14-20

## Cost of Trip

A rough estimate of the trip cost will be around \$800 to \$1000. Price includes uniform package, flight, hotel stay, entry fee, and transportation costs. *You will be responsible for your own meals.* If selected you will be asked to make a \$500 deposit and pay in full by June 1st.

## Training Camps

Training camps are for team building and preparation for the Duals. This is NOT optional. We have spread them across the state to make travel fair. Camps will include running, drilling, and live wrestling. We will be train with the Juniors for workout partners and to better strengthen WA wrestling. You'll have to make your own arrangements for housing and meals. Camping may be available at each site.

**May 21, 22, 23 (Fri, Sat, Sun) @ Battleground HS** – Friday 6-8pm, Saturday 9am-Noon, 2-5pm, Sunday 8-10am.

**June 4, 5, 6 (Fri, Sat, Sun) @ Moses Lake HS** – Friday 6-8pm, Saturday 9am-Noon, 2-5pm, Sunday 8-10am. Saturday we will run Cadet vs Junior Duals.

**June 11, 12, 13 (Fri, Sat, Sun) @ Arlington HS** – Friday 6-8pm, Saturday 9am-Noon, 2-5pm, Sunday 8-11am.

## **Coaching Staff**

Head Coach – Merle Crocket  
Asst Coach – Jamie Wise  
Team Leader – Gene Hopkins

## **Process for Team Selection**

Our goal is to put the best team on the mat. We look at numerous factors when selecting the team: Interest to compete by the athlete, results from NW Regionals, Freestyle and Greco State, and Mat Classic. We also look for previous WA national team experience.

## **Number of Matches**

An ideal dual team will have a full starting line-up with a number two wrestler every other weight. The better the team does the more matches everyone gets. If you are the number one wrestler at your weight you should expect between 8 to 16 matches. If you are the number two wrestler you can expect between 5 to 10 matches.

## **Gear**

You will receive a Jacket, Shorts, T-shirt, two Singlets, and a Bag. This is the same gear that you will get for Fargo, therefore if you are competing in Fargo your gear will be subtracted from the Fargo Nationals price.

## **Tournament Info**

<http://www.themat.com/events/default.php?page=default&EventID=21945>