

Date: May 6th, 2010

To: Potential Team Washington
Junior Dual Athletes

Subject: Junior Duals – Oklahoma City, OK

From: Luke Leifer
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Tournament Dates

June 23 – Depart, June 25-26 – Greco, June 27-28 – Freestyle, June 29 – Return

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 in OK City. *You will be responsible for your own meals in Oklahoma.* If selected you will be asked to make a \$500 deposit and pay in full by June 15th.

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 Cadets 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.

June 22 (Tue) @ Vision Quest, 1101 Supermall Way (Auburn Supermall) Auburn, WA 98001. You are responsible for your own accommodations. Tuesday 3:00pm, check in at the front desk and tell them you are with the WA National Team. We will practice both styles and then go over any missing paper. We will meet at Sea-Tac airport the following morning.

Coaching Staff

Head Coach – Shaun Williams (Arlington) - Shaun_Williams@asd.wednet.edu

Asst Coach – Caleb Schlack (Ferndale) - calebschlack@gmail.com

Team Leader – Jeff Steed (Emerald Ridge) - jeffsteed@comcast.net

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=21947>