

Washington State Wrestling Association Junior Women's Dual Team 2010 Information

Washington will be sending a team to Oklahoma City to participate in the **Junior Women's Dual Championships**. We need to start the selection process for this team in order to put the most competitive team on the mat. The tournament is June 24, 2010 and will feature 16 state teams. Last year WA placed fifth in this tournament – losing only to eventual champ California – and we would like to improve on that finish in 2010.

- **Format:** Freestyle
- **Weight Classes:** 95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220
- **Team Size:** estimated to have 1216 girls on the team – 1 per weight and possibly 2-4 others
- **Coaches:** Bob Freund, Jim Meyerhoff, Melissa Simmons
- **Travel Dates:** We will meet at Sea-Tac airport at 6:15 am. The team flight will leave for OKC on June 22 at 8:25 am. We will be returning on June 25, arriving at Sea-Tac around 4:05 pm. The competition is on June 24, 2010.
- **Hotel Info:** We will be staying at the Best Western Saddleback Inn while in OKC. Parents can ask for the USA Wrestling rate if they are travelling.
- **Cost:** A rough estimate of the trip cost will be around \$600 to \$800. 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 by June 1 and pay in full by June 15.
- **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 recent freestyle tournaments, Freestyle State, and Mat Classic. We also look for previous WA national team experience.
- **Practices:** We will be holding team practices on the following dates:
 - Saturday, May 22 at Emerald Ridge HS in Puyallup. 8:30 am to 4:00 pm with lunch on your own. WA team coach Melissa Simmons will be the clinician. OKC team mandatory, Fargo team also highly encouraged to attend.
 - Saturday, June 5 - TBD
 - Saturday, June 12 - TBD, possibly at Arlington HS (still being finalized). This will be with the boys Cadet and Junior teams as well. Time and info TBD
 - *Friday, June 18 to Saturday, June 19 - training camp at Emerald Ridge HS. OKC Dual members will be staying with team members in the area Friday night.*
- **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.

If interested in participating on this team, send an e-mail to Coach Meyerhoff at the address listed below. We hope to have the team selected by Freestyle State. You will want to get your name on the list ASAP.

Good luck – let's go win this thing!

Coach Bob Freund, bob.freund@kelso.wednet.edu

Coach Jim Meyerhoff, meyerhja@puyallup.k12.wa.us