



Date: May 6th, 2010

To: Potential Team Washington Schoolboy Dual Athletes

Subject: Schoolboy Duals – June 9th /10th /11th /12th /13th
Indianapolis, IN.

From: Sean Ekerson: Schoolboy National Dual Coach/Director
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Team Washington 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 train with the Cadet/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. If you cannot make a camp date please call me ASAP. I understand not everyone can make all camps, however please communicate this to me.

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

June 8th (Tuesday) @ West Coast Fight Team training facility Auburn WA. 4-6 pm, Last training day before Nationals. West Coast Fight Team is located in Auburn Washington **206-228-6380** - Reese Andy | **206-423-3044** - Jon Maryanski
[3414 A St SE Auburn, WA 98002](http://www.westcoastfightteam.com)

We will meet at the Sea-Tac airport the following morning for Indiana.

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.**

Coaching Staff

Head Coach / Team Leader – Sean Ekerson

Asst Coach - Monty Jones

Asst Coach – William Rogers

Official – Kevin Bauers

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, Folkstyle State / League competition. 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 Team Bag.

Tournament Info

Dual Championships Contact: Event Director: Ed Pendorski
Phone: (317) 701-1512 Email: ependoski@wrestlingcia.com /
themat.com Indianapolis, Indiana.