

Date: April 29, 2013
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. Styles (Greco and Freestyle) are considered separate teams. If a wrestler placed top three at State in Greco but did not place in Freestyle, they do not automatically get a Freestyle slot. 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 138, 145 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, 120 in Freestyle and 126 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 described below. Your best bet at attending Fargo is through the qualification process.

Petition Process

If you are interested in going to Fargo but did not qualify through one of the qualifying tournaments, email me at jwb467@aol.com. The sooner the better.

Once I have a solid list of those wrestlers interested in going to Fargo, I will fill out the rosters by entering the qualified wrestlers and then filling in any blank slots with petitions. If there are more petitioners for a weight than slots available, selections will be made based on several factors with a goal of putting the best team out on the mat. Filling in the blanks is the prerogative of the WSWA staff (directors and coaches). Inevitably, someone who gets left out will think the process is not fair. The best way to ensure going is to qualify.

There are fees involved in the petition process. The petition fee is the cost of the event they missed (\$25) plus a \$5 fee per style. If a wrestler participated at State in the style they want to petition and did not place, they pay only \$5. If they didn't wrestle at State for that style, they pay \$30.

Some Q & A examples:

- Q: If a wrestler participated at the state tournament but did not place, do they have to pay a \$30 petition fee for a slot?
A: This person would pay \$5.00 for the style they didn't place in assuming that this example was only for one style.
- Q: If a wrestler qualified in Freestyle but did not attend Greco State, do they have to pay a \$30 petition fee for a Greco slot? \$15? Nothing?
A: This person would pay \$30.00 for Greco
- Q: If a wrestler placed at 126 Cadet but now wants to go 132 Cadet, does he have to pay a \$30 fee?
A: This person would pay nothing but cannot move a weight unless there is an open slot - and that is determined at camp by the respective Cadet and Junior team leaders.

Going? Send me the following electronically:

- Email me at jwb467@aol.com so I can capture your email address.
- Copy of birth certificate (in case of an age challenge)
- Copy of ID card / Driver's License
- Copy of insurance card (both sides)
- Fargo information sheet
- Copy of USAW Card
- EWU Camp medical waiver (from of EWU camp guide)
- Fargo registration (2 sheets)
- Signed Code of Conduct (last sheet with signature line only)

Uniforms

Athletes purchase their own gear directly from our supplier. Everything other than the singlets are optional. You can order all the Team Washington gear or just the singlets. Please see the uniform ordering instruction sheet at the WSWA website. Please don't delay. **The ordering deadline is midnight of June 17, 2013.**

Fargo Uniform Website: (Note: Uniforms ordered from this link will be shipped directly to Fargo and issued there) <http://www.usawrestlingproducts.com/washington>

Travel

This year athletes will be responsible for their own travel to and from Fargo. Please schedule your athlete's travel so they arrive at and depart from Fargo on the follow schedule:

Cadet Women

- Arrive in Fargo between 12 noon and 10 PM on 7/12/2013
- Depart Fargo [not in high school] 7/14/2013 between 8 AM and 10 PM
- Depart Fargo [in high school] 7/18/2013 between 8 AM and 10 PM

Cadet Men

Arrive in Fargo between 12 noon and 10 PM on 7/12/2013
Depart Fargo 7/19/2013 between 6 PM and 10 PM

Junior Men

Arrive in Fargo between 10 AM and 10 PM on 7/13/2013
Depart Fargo 7/20/2013 between Noon and 6 PM

[Note: There will be no coaches or adult staff members left in Fargo after his time]

Junior Women

Arrive in Fargo between 10 AM and 10 PM on 7/14/2013
Depart Fargo 7/18/2013 between 8 AM and 10 PM

Lodging

All teams will be staying at the same hotel. It is different than last year. Parents traveling to Fargo can stay at the same hotel. Wrestlers will be expected to stay with their team in the assigned rooms.

Settle Inn Lodge & Suites
4325 23rd Ave South
Fargo, ND 58104
Phone: 701-235-4699

Costs

Final price is still being determined. A rough estimate is \$500 to \$600, not including air fare, meals or spending money in Fargo. The actual price will be different for each athlete as I factor in petitions and subtract any subsidies. I will send each participant an individualized amount. Wait for that email before you send a cashier's check or money order to the Treasurer.

\$2 Fund Subsidy – Five Local Tournaments Required

At the August 2011 membership meeting in Ellensburg, the general membership authorized a change in the way the \$2 fee was allocated. To qualify for this money, a wrestler had to have participated in 5 local or state tournaments. Local multi-day tournaments only count as one event. The Wrestler Information Sheet will have a list of all tournaments that count toward the 5 events. Just check them off. Please be accurate, as I have to cross check them all.

Media / College Coaches Guide

This year the WSWA will be putting together a guide for the media and college coaches who are scouting Fargo. Each Junior athlete will have their own page where they will be able to supply contact information, wrestling achievements, academic performance and college entrance exam scores. Cadets will also be featured but in a reduced format. The Wrestler Information Sheet you are filling out will be the template for the guide. Please supply a photograph (insert it into the Wrestler Information Sheet) to include on your page. Please be honest and accurate with your information. Interested college coaches might get a negative impression if they learn the 4.0 GPA listed in the guide is actually a 2.3.

Payments

A \$250 down payment is due June 1st, 2013 for athletes who qualified through the state championships. If the down payment is not received by this date, slots will be opened up to petitioners. The remainder is due prior to the EWU camp. If not paid in full, will not be registered at Fargo. Please send cashier's check or money order to WSWA Treasurer Mary Douglas. **No cash or personal checks will be accepted.** Last year a few people sent personal checks. All were returned, causing delay for everyone.

Make the cashier's checks or money orders payable to:

Washington State Wrestling Association

Send the payments to:

Mary Douglas
PO Box 822
Sedro Woolley, WA
98284

What is Covered and Not Covered in the Cost

Price includes:

- 5-day National Team Camp at Eastern Washington University:
 - Food
 - Lodging
 - EWU facility fees
- Ground transportation in Fargo
- Tournament entry fees
- Lodging in Fargo.

The price does not include:

- ☒ Uniforms & Gear
- ☒ Airfare
- ☒ Food at Fargo
- ☒ Spending money
- ☒ Laundry money

Men's Camp

The national team camp will be from Saturday, July 6th through Wednesday, July 10th at Eastern Washington University in Cheney, Washington.

The camp fees are included in the Fargo price. The athletes need to arrive by noon on the 1st day of camp. There will be no lunch the first day so make sure you eat before you get here. Transportation is the responsibility of the athletes. The WSWA does not guarantee coordination of rides or car-pooling. Most people network to find rides through their coaches, teams and friends or they post messages on the Washington Wrestling Report message board.

A table will be set in the lobby of whatever dorms EWU assigns us to. It has been Streeter Hall the last few years. I've attached a campus map to assist you in finding the dorms. The athletes check in and get their room assignments. There is considerable leeway in selecting roommates. Two athletes are assigned to a room.

Athletes should arrive with:

- a fan (gets very hot at times)
- bedding (sleeping bag & pillows are common)
- money and soap to do laundry
- toiletries
- plenty of work out gear (there are 12 sessions)
- towel (s)
- swimsuit (may go swimming one day)

The schedule is full and typically like this (times may not be exact):

| | | | |
|----------|-------------------|--------|----------------------|
| 6 A.M | Wake-up | 5 PM | Dinner |
| 6:30 A.M | Team run | 6-8 PM | Evening Session |
| 8:00 A.M | Breakfast | 9 PM | Meetings (if any) |
| 9-11 A.M | Morning Session | 10 PM | In rooms |
| 12 Noon | Lunch | 11 PM | Lights-out bed check |
| 2-4 PM | Afternoon Session | | |

Athletes need to shower after each session.

Make sure athletes know how to do laundry on their own.

The small amount of free time is generally consumed by naps, laundry, etc.

The practices generally alternate Greco and Freestyle. The few athletes only doing one style are not excused from practices focusing on the other style.

Athletes are prohibited from leaving the EWU campus except for the team run or if accompanied by staff.

Women's Camp

The women's team will not be attending the EWU camp with men. The women's camp will be held in the Vancouver area. More information to follow.

Fargo Information Link

<http://www.themat.com/events/default.php?page=default&EventID=28399>

Registration

There is a link for Fargo on Trackwrestling.com for registration. This is a little confusing. Some states may have their own athletes register themselves but for now, you do not have to register your athlete on Trackwrestling. The WSWA will do that.

Behavior and Discipline

Everyone (athletes, coaches, directors and officials) traveling to Fargo are required to sign the Code of Conduct. It clearly states that athletes attending Fargo and the training camp are representing the State of Washington. It is an honor and a privilege, not a right. The Code sets out expectations the WSWA has for the behavior of all who attend Fargo. Please read it. It includes possible penalties for misbehavior.

The WSWA has the will to impose those penalties for misconduct. More than one wrestler over the years has been surprised to find themselves headed home on an airplane half-way through an event for rules infractions. The WSWA leadership does enjoy disciplining athletes. It creates considerable headaches, extra work, anguish and stress for everyone. The easy thing to do is turn the blind eye or minimize the misbehavior but we are not going to do that. I hate to bring this up. It sets a negative tone for what should be a wonderful experience. Ninety-nine percent of all the athletes are well behaved and cause no problems. This message is aimed at the other 1%.