

**Date:** May 9, 2013  
**To:** Team Washington  
Junior Dual Team Member  
**Subject:** Junior Duals – Oklahoma City, OK  
**From:** Luke Leifer  
Team Leader  
Cell: (509) 869-4157  
Email: [LukeL@spokaneschools.org](mailto:LukeL@spokaneschools.org)



## **Tournament Dates**

June 25th – June 29th, with travel on both ends (see flight info below)

## **Cost of Trip**

The total cost of the trip is **\$250**. Price includes flight, hotel, entry-fee, and transportation in Oklahoma. *You will be responsible for your own meals.* Please send a **Cashier's Check or Money Order** payable to - **Washington State Wrestling Association:**

**Mary Ann Douglas**  
**P.O. Box 822**  
**Sedro-Woolley, WA 98284**

Please do not send certified mail! **On check write: Junior Duals & Wrestlers Name with a return address on the envelope.**

## **Coaching Staff**

Luke Leifer (North Central) – [LukeL@spokaneschools.org](mailto:LukeL@spokaneschools.org) (509) 869-4157  
Caleb Schlack (Ferndale) – [calebschlack@gmail.com](mailto:calebschlack@gmail.com) (360) 220-5457  
Craig Hanson (East Valley) – [hansonc@evsd.org](mailto:hansonc@evsd.org) (509) 220-5153

## **Forms and Paperwork**

We will need the following paperwork in order for you to compete (see attached)

- 1) Copy of your USA Card
- 2) Copy of your birth certificate
- 3) Copy of your insurance card
- 4) A signed Code of Conduct: WSWA Code of Conduct (just last page)
- 5) The Junior Dual Entry Form & Release Waiver

## Training Camps

Training camps are for team building and preparation for duals. We spread them across the state to make travel fair. Camps will include technique and live wrestling. You're on your own for travel, food, and accommodations. If you're going to duals you are expected to attend camps, if for some reason you can't attend a camp let me know.

**May 11th (Saturday)** 10:00am – 12:30pm, break, 1:30pm – 4:00pm.

- Region 1 – Vandit – 2464 E Blackburn Rd, Mount Vernon, WA 98273
- Region 2 – Auburn HS – 800 4th St NE, Auburn, WA 98002
- Region 3 – East Valley HS – 15711 E Wellesley Ave, Spokane, WA 99216

**May 18th (Saturday)** 10:00am – 12:30pm, break, 1:30pm – 4:00pm.

- Region 1 – Vandit – 2464 E Blackburn Rd, Mount Vernon, WA 98273
- Region 2 – Crockett's – 12917 NE Cedar Creek Rd, Woodland, WA 98674
- Region 3 – Pace HS – 310 South Wasco Avenue, Wapato, WA 98951

**(Optional) May 25th (Saturday)** 10:00am – 12:30pm, break, 1:30pm – 4:00pm.

- Region 1 – Vandit – 2464 E Blackburn Rd, Mount Vernon, WA 98273
- Region 2 – Crockett's – 12917 NE Cedar Creek Rd, Woodland, WA 98674
- Region 3 – Pace HS – 310 South Wasco Avenue, Wapato, WA 98951

### All Dual Team Training Camp

**June 1st – 2nd (Saturday-Sunday) @ Auburn HS – 800 4th St NE, Auburn, WA 98002**

*\*\*\*All Team members (schoolboys, cadets, juniors) are required to attend this camp\*\*\**

- Saturday – 10:00am – 12:30pm, break, 1:30pm – 4:00pm.
- Sunday – 10:00am – 12:30pm

**June 8th (Saturday) - TBA**

## Gear

**Gear is optional!!! We will be providing a team singlet that you will return at the end of the tournament.**

Junior Duals have a deadline for ordering of **MIDNIGHT, MAY 31st, 2013**  
Online order at:

[www.usawrestlingproducts.com/washington](http://www.usawrestlingproducts.com/washington)

## Tournament Info

<http://www.themat.com/events/default.php?page=schedule&EventID=29108>

## **Flight Information**

\*\*\* We will meet at the Sea-Tac **Southwest** ticket booth at **4:30AM on Mon, June 24th**. Bring identification!!! Carry wrestling shoes onto the plane in case of lost luggage. You are allowed two free checked bags and one carry-on\*\*\*

### **Depart**

24 Jun 2013	Flight #2624	SEATTLE / PHOENIX	6:05AM / 9:00AM
24 Jun 2013	Flight #420	PHOENIX / OKLAHOMA CITY	10:20AM / 2:30PM

### **Return**

30 Jun 2013	Flight # 899	OKLAHOMA CITY / DENVER	7:10AM / 7:40AM
30 Jun 2013	Flight # 120	DENVER / SEATTLE	8:30AM / 10:20AM

We will be traveling in 12 passenger vans while in Oklahoma City.

## **Lodging**

We will be staying at the **Best Western Saddleback Inn** (405) 947-7000  
4300 SW 3rd Street, Oklahoma City, OK, 73108. Has an outdoor pool.

## **Weigh-Ins**

\*\*\*Must weigh-in wearing a team WA singlet\*\*\*

**Greco Weigh-In:** Tuesday, June 25<sup>th</sup> 6:45pm (no allowance)

Athletes actively competing in the first style (minimum of two matches) will not have to weigh-in for the second style.

**Freestyle Weigh-In (If needed):** Thursday, June 27<sup>th</sup> 6:45pm (no allowance), mandatory if changing a weight class

## **Number of Matches**

We are in to win this year. The coaching staff will be putting the best line-up on the mat as possible. If you are the number two wrestler at your weight we can't guarantee that you will get an even split on matches. There will be opportunities if wrestlers need breaks and we will try to get as many exhibition matches as possible.