

**2015 Asics Vaughan Women's Cadet & Junior Freestyle Wrestling
Tournament and Dual Team Tournament
Fargo, North Dakota**

Girls Team Washington Fargo Camp

Wednesday July 8th - Wednesday July 15th

Thursday July 16th - Camp Clean up and Packing

Friday, July 17th - Travel to Fargo from Portland International Airport

Cadet Individual Freestyle Tournament - Saturday July 18th

Practice

Sunday, July 19th

Junior Individual Freestyle Tournament

Monday July 20th - Tuesday July 21st

(**ALL eligible Cadets wrestle in the Junior tournament***)

Women's Freestyle Dual Tournament

Wednesday July 22nd

Return to Washington

Thursday, July 23rd

*ALL eligible Cadets wrestle in the Junior tournament. This is not optional. In order to be eligible for the Junior tournament you must be born 9/1/1995 & after **AND** enrolled in grades 9-12 in the spring of 2015. Cadets not enrolled in grades 9-12 in the spring of 2015 are not eligible to compete in the Junior tournament.

How to Join Girls Team Washington

You do not have to qualify to join Girls Team Washington but you must register with us AND submit documents so we can register you in the tournament.

Steps for Registering with Girls Team Washington:

- 1) You must purchase a USA Wrestling Membership. This membership can be purchased www.usawmembership.com
- 2) You must pay a \$100 deposit to WSWA. We will begin accepting deposits on April 1, 2015. You can make this payment by going to the WSWA website and following the directions. This payment will be made using PayPal. Make sure to follow the instructions carefully so we know the payment is for a specific athlete.
- 3) You must email the Women's Director at womensdir.wswa@gmail.com with the following information:
 - Athletes Full Name
 - Athletes Date of Birth
 - Athletes desired competition weight class for Cadets and Juniors
 - PayPal confirmation number

Documents for tournament registration:

You must provide the WSWA with the following documents so we can complete your tournament registration. It is important that you submit these items as early as possible and that you send all 7 items together.

Please send the following items to the Women's Director at womensdir.wswa@gmail.com:

- 1) Copy of your Birth Certificate. We need this in the event someone challenges an athlete's age.
- 2) Copy of your USA Membership Card
- 3) Copy of your driver's License or I.D. Card
- 4) Copy of your insurance card Please send both sides of your insurance card.
- 5) Fargo Information Sheet
- 6) Fargo Registration. There are two sheets you must fill out.
- 7) Signed WSWA Code of Conduct. Please submit the last sheet with signature.

Traveling to Fargo

We will be traveling as a team to Fargo. Cadets and Juniors will travel together on Friday, July 17, 2015 from the Portland International Airport (PDX).

We do not want anyone driving to the tournament. You have the option of purchasing a round-trip OR a one-way ticket. A one-way ticket allows athletes to return with family members that drove to Fargo.

It is your responsibility to purchase an airline ticket and provide us your travel information.

Girls Team Washington athletes may travel to Fargo on one of the flights listed below. A team coach will be on each of these flights. When you return is completely up to you*.

Delta 5683 Departs at 10:25 am Layover in SLC (40 min) Arrives in Fargo at 5:08 pm

Delta 2163 Departs at 11:20 am Layover in MSP (2 hr 32 min) Arrives in Fargo at 8:16 pm

United 6318 Departs at 11:21 am Layover in Denver (1 hr 25 min) Arrives in Fargo at 7:07pm

Delta 1073 Departs at 1:15 pm Layover in MSP (32 min) Arrives in Fargo at 8:16 pm to

Transportation to the Portland Airport will be provided on Friday, July 17th. **YOU MUST ARRANGE FOR TRANSPORTATION WHEN YOU RETURN TO WASHINGTON.**

*Some athletes like to stay for the duration of the tournament with family. Others, will be driving back to Washington. Girls Team Washington Coaches will insure that all athletes flying back to Washington arrive at the airport for their return flight. All Girls Team Washington Coaches depart on Thursday July 23rd.

Uniforms

YOU ARE RESPONSIBLE FOR ORDERING YOUR UNIFORM GEAR BY THE DEADLINE .

The Washington National Team Gear package for Girls Team Washington is available to preview but will not be available for purchase until after the WSWA Freestyle and Greco State Tournament. This preview gives you an idea of the cost for Washington National Team Gear. Our singlets will have "National Team" on the shoulder straps to indicate that you are a National team athlete.

ONLY NATIONAL TEAM ATHLETES CAN PURCHASE NATIONAL TEAM GEAR.

We will provide Girls Team Washington athletes with an online code and the deadline for ordering. Washington National Team Gear will not be delivered to your house. It arrives in Fargo and will be delivered to us when we arrive.

If this is your first time going to Fargo, you do not have to purchase all the gear we make available. You MUST at least purchase the red and blue singlets. You can only wear singlets that have been sanctioned by USA Wrestling such as the one we have designed for you. You may wear singlets from previous Washington Fargo National teams.

You can weigh-in using any competition singlet. Bring your lightest singlet for weigh-in.

You can preview the Washington National Team Gear online by going to usawrestlingproducts.com. Go to the "Team Packages" menu, select "State Team Packages" and you'll see our "Washington National Team Gear".

Cost of Girls Team Washington and Fundraising

This table is an approximate cost for 2015 Cadet & Junior Nationals for Girls Team Washington. Some items on this table have not been negotiated yet by WSWA. This price does not include any \$2 Fund discounts that you can earn by participating in WSWA sanctioned tournaments.

Airfare*	Paid to travel agent of your choice.	Determined by Athlete	\$600.00
Uniform Gear. This cost is for singlets only and before the potential discount from our supplier.	Paid to USA Wrestling Products	Preliminary cost of singlets is \$48.00. This cost may go down after WSWA Freestyle & Greco State.	\$96.00
Lodging for 6 Nights	Paid to WSWA	Confirmed Price for 2015	\$163.50
Ground Transportation	Paid to WSWA	TBD	\$60.00
Tournament Registration Fee Cadets**	Paid to WSWA	Confirmed Price for 2015	\$85.00
Tournament Registration Fee Juniors	Paid to WSWA	Confirmed Price for 2015	\$42.50
Fargo Training Camp	Paid to Southwest Washington Wrestling Club upon arrival at camp	Confirmed Price for 2015	\$50.00
Meal stipend and tournament gear (\$30/day for food, \$50 for tournament gear). Includes both travel days. This is just an example, do your own budgeting***.		Determined by Athlete	\$260
\$2 Fund Discount	Provided by WSWA	Determined by Athlete	\$0.00
Estimated Cost for Juniors & Cadets			\$1272- \$1314.50

*Cost of airfare will be determined by you based on when you purchase your ticket.

**Cadets compete in the Cadet Individual Tournament AND the Junior Individual Tournament.

***Breakfast will be provided by the hotel for all athletes. Use this information in determining your meal budget.



The Olympic Dream Starts Here.

2015 - WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

CADET (Women)

Born 1999-2000

Two three-minute periods with 30 second rest between periods

84, 88, 95, 101, 108, 115, 124, 132, 143, 154, 172, 198

JUNIOR (Women)

Born 9/1/1995 & after, plus enrolled in grades 9-12

Two three-minute periods with 30 second rest between periods

97, 105, 112, 117, 121, 125, 130, 139, 148, 159, 172, 198

Girls Team Washington Mini-Camps

TBD Mini Camp #1 Saturday April 4th - Sunday April 5th

RSVP to the Women's Director at womensdir.wswa@gmail.com

Quincy High School - 16 6th Avenue SE Quincy, WA 98848

Start time Saturday 10:00 a.m. Ends Sunday at 12:00 noon

Open to any Schoolgirl, Cadet, & Junior

This camp is **FREE**

Coach: Merle Crockett

Girls will sleep on the mats and shower at the school with a chaperone. They should bring healthy snacks and money for lunch and dinner Saturday. Breakfast Sunday morning will be provided. Bring plenty of clean workout gear, overnight items, several towels, antibacterial soap, sleeping bags, pillows, medications, etc. Bring a hardworking, positive attitude!

Mini Camp #2 Friday May 8th - Sunday May 10th

RSVP to the Women's Director at womensdir.wswa@gmail.com

Crockett Training Facility - 42112 NE Munch Road Amboy, WA 98601

Arrive at the facility on Friday when you can in the evening after school.

Saturday starts at 8:00 a.m. Ends Sunday at 12:00 noon

Any athlete that would like to arrive earlier or stay longer needs to contact Merle directly at 360-263-4947. Merle is always willing spend extra time with athletes.

Open to any Schoolgirl, Cadet & Junior

This camp is **FREE**

Coach: Merle Crockett

Andrea Yamamoto will carpool from the east side with any athlete that needs a ride.

Bring your own food or money for meals.

Merle has space available for sleeping but please bring your own sleeping bag and pillow. Bring plenty of clean workout gear, overnight items, several towels, antibacterial soap, medications, etc. Bring a hardworking, positive attitude!

Mini Camp #3 Wednesday June 17th - Saturday June 20th

RSVP to the Women's Director at womensdir.wswa@gmail.com

Crockett Training Facility - 42112 NE Munch Road Amboy, WA 98601

Starts Wednesday at 8:00 a.m. Ends Saturday at 12:00 noon

You are welcome to arrive Tuesday evening

Any athlete that would like to arrive earlier or stay long needs to contact Merle directly at 360-263-4947. Merle is always willing to spend extra time with athletes.

Open to any Schoolgirl, Cadet & Junior

This camp is **FREE**

Coach: Merle Crockett

Bring your own food or money for meals.

Merle has space available for sleeping but please bring your own sleeping bag and pillow. Bring plenty of clean workout gear, overnight items, several towels, antibacterial soap, medications, etc. Bring a hardworking, positive attitude!

Girls Team Washington Fargo Camp

Wednesday July 8th - Thursday July 16th
Crockett Training Facility - 42112 NE Munch Road 98601 360-263-4947

This camp is only open to Cadets & Juniors that are on 2015 Girls Team Washington and competing in the National Tournament

Training will be Wednesday July 8th - Wednesday July 15th
Camp clean-up, laundry and packing will be done on Thursday July 16th
Girls Team Washington travels to Fargo on Friday July 17th from Portland International Airport

You have the option to arrive Tuesday evening, but you must be ready to train by Wednesday morning at 7:00 a.m.

Camp Cost is \$50.00 please make checks payable to Southwest Washington Wrestling Club

For the third year in a row our Fargo National Team training camp will be held at the home and training facility of Girls Team Washington Head Coach Merle Crockett and his wife Madeline in Amboy, Washington.

There are some beds available in the house and the sleeping loft above the wrestling room but those are available on a first come, first serve basis. Get there early! If you do not seize a bed you will be sleeping in a tent or air mattress on the mats that YOU provide.

Amboy is a beautiful area but it does not have strong mobile phone service, so please keep that in mind if you are trying to reach your wrestler or the coaches (the number above may be used if you experience problems).

The national tournament requires each athlete to be in top physical condition. If you come to our training camp out of shape and overweight you will not be training for a national tournament, you will be struggling. Last year, many of our athletes commented on how good their conditioning was compared to their opponents and it showed. Our girls were pushing the physical pace the entire tournament.

Do not come to camp with weight problems. Using the camp to get your weight under control is a recipe for failure. Each year girls make this mistake and each year they suffer the consequences either in performance or in missing their weight class. It is our recommendation that you do not come to our training camp more than 6 lb. over your competition weight.

Girls Team Washington Fargo Camp Packing List

- Sleeping bag, extra blanket, pillow, air mattress (if you have one), tent (if you have one)
- 4 or 5 towels. You are training several times a day and showering after each session. One towel will not be enough to get through the week with good hygiene.
- shampoo, conditioner, toothbrush, toothpaste, contact lens solution. **DO NOT BRING BEAUTY PRODUCTS.**
- plenty of antibacterial soap and a small bottle of Hibiclens, which can be purchased over the counter.
- We have 4 sessions per day over the 7 day camp. You must bring enough workout gear for all these sessions. We do laundry around the clock but please bring plenty of clean clothes. **YOU WILL NOT BE ALLOWED TO WEAR DIRTY CLOTHES.** Don't forget about plenty of socks too.
- The temperature gets cooler at night and in the early morning. Bring a set or two of warm clothing for those cooler hours.
- If you have a favorite healthy snack, energy/protein bar, energy drink or recovery shake powder, etc. bring enough for several days of training. We will not be offering specialized nutritional items. Items you bring must **NOT** require refrigeration.
- If you have a food allergy or other dietary restrictions, please bring specialized food that is safe for you for the entire camp.
- running shoes (two pairs if you have them), wrestling shoes (2 pairs if you have them), knee pads, knee braces, head gear and mouth guards. Bring multiple pairs of knee pads so they can be cleaned regularly.
- swimsuits, sunscreen, flip flops, sunglasses, warm sweats for evening
- prescription medications (epi pens, inhalers, etc.)
- flashlight or headlamp
- feminine products and plenty of hairbands

Ladies, we remain on the property during the entire camp. If it's not on this list don't bring it. Leave everything else at home, you don't need it. This is a training camp, not a vacation. Your down time will be spent showering, eating, cleaning-up after meals and resting for the next training session. In order to compete like top athletes we must prepare like one.

Fundraising

Do not be discouraged by the cost of participating in the national tournament. There are many ways you can raise and earn money towards your trip.

First, you should ask your entire family what they are willing and able to contribute financially. Ask beyond your immediate family. Extended family such as Aunts & Uncles, Cousins and Grandparents should be a part of your support team.

Next, ask friends and businesses, that know you well, to sponsor you. The pizza place that knows your order by heart should get a fundraising letter from you. Your doctor, dentist, hair stylist, mechanic or favorite barista are all people that stay in business because of you. You are their customer. Let them show you how much they appreciate your business by sponsoring you with a \$25, \$50 or \$100 donation.

Talk with your neighbors about a job you can do for them weekly. Spring is right around the corner and people will start mowing their lawns. Offer to mow your neighbors' lawns through the end of the summer and negotiate a price.

Ask your wrestling club and it's members to make a donation or see if they will help you with a fundraiser. Start a Go Fund Me Campaign. You can learn more online at gofundme.com This crowdsourcing tool allows people to donate to your personal fundraiser.

We have attached a fundraising letter and a letter of recommendation from the Women's Director. You can use these for fundraising or create your own.

WSWA \$2 Fund

The WSWA \$2 Fund was created to assist athletes competing at the Asics Vaughan Cadet & Junior Freestyle and Greco National Tournament. Every time an athlete registers for a WSWA sanctioned event \$2 of that registration fee goes into the WSWA \$2 Fund. After the WSWA Freestyle and Greco State Tournament and after all the national team athletes have been established the \$2 Fund money will be distributed amongst the athletes using the method below.

There has been a change in the method that the Cadet/Jr. National Championships fund (\$2 Fund) is distributed. Wrestlers will earn one share for each state or local WSWA sanctioned tournament they participate. Regional events do not count as they do not contribute to the \$2 fund. Wrestlers who sign-up and meet any trip requirements prior to the established deadline would be apportioned \$2 Fund money based on how many shares they earned during that season. The total shares earned by all qualifying wrestlers would divide by the amount of money allocated by the \$2 fund for the Cadet/Jr National Championship trip.

This means that if a wrestler competes in 7 tournaments in the current season then he/she will earn 7 shares of the \$2 fund money if all established deadlines for trip are met. 5 tournaments = 5 shares, 1 tournament = 1 share, ect. Competing in 1 style or a tournament = 1 share, competing in 2 styles of tournament = 2 shares, competing in 3 styles of tournament = 3 shares.

It's quite simple. The more WSWA Sanctioned tournaments you participate in, the more shares of the \$2 Fund money you earn. The money you earn will be deducted from the amount WSWA will bill you for lodging, ground transportation, and tournament registration.

February 13, 2015

Please donate to **YOUR NAME HERE** to support her travel and training as a wrestler on 2015 Girls Team Washington.

Girls Team Washington is this state's female national freestyle wrestling team. We travel to Fargo, North Dakota in July to compete in USA Wrestling's Asics Vaughan Cadet & Junior Freestyle National Tournament. This is the largest wrestling tournament in the world and draws high school aged wrestlers from every state to compete for a national title.

In recent years Girls Team Washington has achieved tremendous success at this national tournament. Last year we had 5 National Champions, 20 All-Americans (top 8) and became champions of the dual team tournament. It is the first time any wrestling team from Washington has earned a national title.

The Asics Vaughan is the pinnacle of freestyle wrestling in the United States for high school girls. Athletes must train and compete all year in order to be successful at nationals. This commitment comes at a significant financial cost to each athlete and their family.

Supporting a wrestler on 2015 Girls Team Washington means you believe in excellence, good character, a championship spirit and achieving big dreams. Please show us your support by donating to Washington's next National Champion.

Best Regards,

Andrea Yamamoto
Women's Director
Washington State Wrestling Association

womensdir.wswa@gmail.com

INSERT DATE

Dear _____:

I will be competing in the 2015 Asics Vaughan Cadet & Junior Freestyle National Tournament in Fargo, North Dakota as a member of Girls Team Washington. It is my goal to become a national champion and help my team win the individual team championship. Your donation will help me achieve these goals.

The cost of the trip is approximately \$1300 for the 5-day tournament. This includes my airfare, lodging, ground transportation, registration fee, uniforms and camp fees.

The Asics Vaughan is a national freestyle wrestling tournament sponsored by USA Wrestling for high school girls. Washington is one of the leading states for girls wrestling and your donation will continue to empower girls like me to achieve big dreams.

I have enclosed a donation form that can be returned to me with your contribution. If you have any questions please contact me at **INSERT YOUR NAME, EMAIL OR PHONE HERE**. I will contact you on _____ to arrange a time to pick up your donation.

Sincerely,

INSERT YOUR NAME PRINTED

INSERT A PICTURE OF YOU WRESTLING HERE