

Women's Wrestling Newsletter

February 2005 | Volume 3 | Issue 1



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State Chair Announcements

USA Wrestling would like to hold Regional Camps throughout the country for State Junior National Teams prior to the 2006 Junior Nationals in Fargo, North Dakota. Please let Terry Steiner know if you would like to send your State Junior National Team to one of these camps.

Showcase of Women's Freestyle Wrestling, April 1-3, Contact Carl Murphree, 660-815-2247 (See Upcoming Events).

State Women's Director Announcements

Directors please update me with your state news, so that I can add a state by state events calendar to this newsletter.

College Coach Announcements

Please provide Terry Steiner contact information for athletes in your program that are in the top six senior rankings. I would like to setup a program to get these wrestlers to the Olympic Training Center in Colorado Springs every 5 to 6 weeks for 3 to 4 days starting next June.

General Announcements

Women' Future Champion Freestyle Camps June 25-July 1, 2005, University of Colorado – Colorado Springs and July 16-23, 2005 Northern Michigan University, Marquette, MI. (See Camp Flyers under Development Camps)

USA Wrestling has selected the competition site for the 2005 World Team Trials. The competition will be held on June 17-19, 2005 at Hilton Coliseum on the Iowa State Campus. There will be a camp for women of any age group in conjunction with the team trials. If you are interested contact Terry Steiner

US Olympic Education Center/NMU

New Website: www.leaguelineup.com/miscinfo.asp?menuid=33&url=tempsite

The 2005 Body Bar Nationals will include a championship for University, FILA JR, FILA Cadet and Age Group divisions (third to eight grade). All divisions will wrestle freestyle. The tournament will be held in San Diego, CA April 8-10. The exact

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Announcements

location is to be announced.

Senior Athlete Announcements

Proposed World Team Trial Qualification Process

The following process has been proposed to the board for approval for the qualification to the 2005 world team trials, June 17-19, 2005 in Ames, Iowa. The following are different avenues that can be taken to qualify for the trials:

- 1- Champion – Sunkist International – 2004
- 2- Champion – NYAC International – 2004
- 3- Champion – Dave Schultz International – 2005
- 4- Champion – Rocky Mountain Regional – 2005
- 5- Champion – Regional –TBA – 2005
- 6- Top 3 – USA wrestling designated tour – 2005
- 7- Top 7 – USA nationals – 2005
- 8- Past world or Olympic team members

Proposed USA Wrestling National Tournament Set-up

- 1- Weigh-in will be the day before wt class competition starts
- 2- Day 1 – 3 non- Olympic weights will wrestle from start to finish of the wt. Class
- 3- Day 2 – 4 Olympic weights will wrestle from start to finish of the wt. Class
- 4- Each athlete will only be allowed to wrestle in one weight class
- 5- Only wrestlers who lost to the finalists will be allowed to wrestle back for placement
- 6- Only the top 4 wrestlers are seeded, everyone else is in the blind draw

Proposed World Team Trial Tournament Set Up

- 1- Weigh- ins will take place the day before the challenge tournament for all athletes
- 2- Only the top 4 will be seeded in the challenge tournament
- 3- Challenge tournament will take place on day 1 though completion
- 4- A full wrestle back will be wrestled to establish the national ladder
- 5- The final 2 out of 3 wrestle off will take place on the 2nd and last day of the trials

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Announcements

These are the proposed guidelines to be approved or disapproved by USA Wrestling's Executive Board.

If you plan on coming out to Colorado Springs to train during the fall or winter please let us know 4-6 weeks in advance to secure bed space. Please look at the calendar to find camp and competition dates.

University Athlete Announcements

Proposed team selection for setting the 2005 University World Games Team
The process for setting the University World Games Team to compete in the University World Games in Ismir, Turkey on August 11-21, 2005 will be the Senior World Team Trials to be held in Ames, Iowa on June 17-19, 2005. The highest finishing place winner other than the champion that is 1- under 28 years of age, 2- in enrolled full time in school working towards a degree has all of the eligibility requirements will have the right to represent the USA in the University World Games. If this person does not want to compete in the games then the next eligible person in line will be on the team.

If you plan on trying out for The 2005 University World Games next summer there are few criteria that must be met:

- a. You **MUST** be enrolled in school and be working toward a degree.
- b. You must be under the age of 28 years old
This is something that I would definitely be thinking about, it will be a great event.

The 2005 University National Championship site will be San Diego CA, April 8-10

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Jr. Athlete Announcements

The Future Freestyle Camp in Colorado Springs at the end of March is cancelled due to space in availability

Proposed team selection process for setting the 2005 FILA Junior World Team
The process for setting the FILA Jr. Team to compete in the FILA Jr. World Championships held in Lithuania on July 5-10, 2005 will be our BODYBAR FILA Jr. Nationals to be held in San Diego, CA on April 8-10, 2005. The champions from this event will make up our FILA Jr. World Team. If the champion does not plan on attending the event then we will go to the next person in line to make up the team.

Cadet Athlete Announcements

The Future Freestyle Camp in Colorado Springs at the end of March is cancelled due to space in availability

FILA Cadet National Championships will be held in San Diego, CA, April 8-10 2005. Based on the performances at this event a Cadet tour to Austria in June 2005 will be available to the top eight wrestlers in each weight class. Only the Cadet National Champion will receive a subsidy for this trip. [Start fund raising now.](#) For more information contact Wade Jenova by phone at 719-265-6005 or by email wade@wrestlingtours.com. If you qualify and would like to make the trip to Austria, you must contact Wade Jenova within 10 days after the National Championships in San Diego (by April 22).

See Upcoming Events for the 2005 Volksbank Austrian Ladies Open details.

Age Group (Third to Eighth Grade) Announcements

An Age Group National Championships will be held in San Diego, CA, April 8-10 2005 in conjunction with the Body Bar Nationals (freestyle event)

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2005 PROGRAMS - USOTC

Women's Program Outlook

MONTH	DATE	PROGRAM	LOCATION	AGE GROUP
Mar-05	MARCH 7-14	USA TOUR #4 - TROPHEE MILONE INTERNATIONAL TOUR - NAPLES, ITALY		SR - (N.MICH GROUP)
	MARCH 19-20	USGWA NATIONALS	MI	
	MARCH 24-26	ROCKY MOUNTAIN REGIONAL - WORLD TEAM TRIAL QUALIFIER - LARAMIE, WY		JR, SR
	MARCH 21-28	USA TOUR #5 - MEDVED INTERNATIONAL TOUR	MINSK, BELARUS	SR
	MARCH 24 - 27	COACHES COLLEGE #2	OTC	
Apr-05	APRIL 8-10	2005 BODYBAR FILA CADET, FILA JR, UNIVERSITY	SAN DIEGO, CA	CADET, JR, UNIV - (N.MICH)
	APRIL 11-26	USA NAT & PAN-AM TRAINING CAMP	OTC	SR
	APRIL 28-30	2005 USA NATIONALS - WORLD TEAM TRIAL QUALIFIER - LAS VEGAS, NV		SR - (N.MICH GROUP)
	APRIL 29-MAY 3	SR PAN-AM CHAMPIONSHIPS		SR
May-05	MAY 16-23	WORLD CUP	CLIAMMONT, FRANCE	SR
	MAY 30 - JUNE 14	WORLD TEAM TRIALS TRAINING CAMP	OTC	SR
Jun-05	JUNE 17-19	2005 WORLD TEAM TRIALS	AMES, IOWA	SR - (N.MICH GROUP)
	MAY 28 - JUNE 4	FUTURE FREESTYLE CAMP (20) CADET TOUR -	N. MICHIGAN AUSTRIA	JR, CADET CADET
	JUNE 25-JULY 1	FUTURE CHAMPION CAMP #1	UCCS	
Jul-05	JUNE 20-30	JR WORLD TEAM TRAINING CAMP -	N. MICHIGAN	UNIV, JR
	JULY 5-10	JR WORLD CHAMPIONSHIPS	LITHUANIA	JR
	JULY 16-22	FUTURE CHAMPION CAMP #2	N. MICHIGAN	OPEN
	JULY 20-26	STATE - JR NATIONAL TRAINING CAMPS	CADET, JR	
	JULY 29-30	JR NATIONAL CHAMPIONSHIPS	FARGO, ND	JR
Aug-05	AUG 14-26	WORLD TEAM CAMP #1 - MANDATORY FOR NAT'L TEAM	OTC	NAT'L TEAM
	JULY 24-AUG 6	WORLD UNIVERSITY GAMES CAMP	OTC	NAT'L TEAM
	AUGUST 11-21	WORLD UNIVERSITY GAMES	ISMIR, TURKEY	UNIV
Sep-05	SEPT 3-18	WORLD TEAM CAMP #2 - MANDATORY FOR NAT'L TEAM	OTC	NAT'L TEAM
	SEPT 27-OCT 2	SR WORLD CHAMPIONSHIPS	BUDAPEST, HUNGARY	SR

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USA Wrestling Women's Tour Teams

Olympic Training Center - Colorado Springs, CO

ITALY – MARCH 7-14

Coaches: Shannon Gillespie, Jack Prest

Athletes:

48kg: Mary Kelly

51kg: Stephanie Murata & Malinda Ripley

55kg: Tina George, Danyelle Hedin, Amy Borgnini

59kg: Sally Roberts, Linse Meadows, Teri Lopez

63kg: Alaina Berube, Stefanie Shaw

67kg: Ali Bernard, Ku'u Johnson

72kg: Donnell Bradley, Randi Miller

MINSK, BELARUS – MARCH 21-28

Coaches: Terry Steiner, Vlad Izboinikov

Athletes:

48kg: Clarrisa Chun & Katie Kunimoto

51kg: Malinda Ripley

55kg: Tela O'Donnell, Jenny Wong, Marcie Van Dusen

59kg: Sally Roberts

63kg: Kaci Lyle & Tori Adams

67kg:

72kg:

WORLD CUP – FRANCE – MAY 16-23

Coaches: Terry Steiner, Lou Rosselli

Athletes: TBD at the USA Sr Nationals in Las Vegas, Nevada – April 28-30

CADET TOUR – AUSTRIA – JUNE

Coaches: Mike Marr, Billy Wood

Athletes: TBD at the Body Bar FILA Cadet Nationals in San Diego – April 8-10

JR WORLD CHAMPIONSHIPS – LITHUANIA – JULY 5-10

Coaches: Shannon Gillespie, Kip Flanik

Athletes: TBD at The Body Bar FILA Jr Nationals in San Diego – April 8-10

UNIVERSITY WORLD GAMES – TURKEY – AUGUST 11-21

Coaches: Tadaaki Hatta, Bobby Douglas

Athletes: TBD at the Sr World Team Trials in Ames, Iowa – April 8-10

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USA Wrestling Women's Tour Teams

Olympic Training Center - Colorado Springs, CO

SR WORLD CHAMPIONSHIPS – HUNGARY – SEPTEMBER 27 – OCTOBER 2

Coaches: Bill Scherr, Troy Steiner

Athletes: TBD at the Sr World Team Trials in Ames, Iowa – April 8-10

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USA Wrestling National Team Camps

USA National & Pan-Am Training Camp – April 11-26, 2005

Jr World Team Training Camp – NMU – Marquette, MI - June 20-30, 2005

World Team Trials Training Camp – May 30-14, 2005

World University Games Camp –OTC – Colorado Springs - July 24-August 6, 2005

World Team Camp #1 – August 14-26, 2005

MANDATORY FOR NATIONAL TEAM MEMBERS

World Team Camp #2 – September 3-18, 2005

MANDATORY FOR NATIONAL TEAM MEMBERS

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USA Wrestling Development Camps

Future Freestyle Camp #1 – OTC – Colorado Springs, CO - March 28 – April 1, 2005 (invite only) **Canceled**

Future Freestyle Camp #2 – NMU – Marquette, MI – May 28 – June 4, 2005 (invite only)

Future Champion Camp#1 - Ames IA - June 17-19 2005 - (open enrollment)

Future Champion Camp #2– Colorado Springs, CO – June 25 – July 1, 2005 (open enrollment)

Future Champion Camp #3– NMU - Marquette, MI – Date TBA – (open enrollment)

State Jr National Training Camps for Girls – July 20-26, 2005

Contact Terry Steiner if you would like a Nation Team Member at camp

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USOTC RESIDENT PROGRAM

WOMEN'S FUTURE CHAMPION FREESTYLE CAMP

JUNE 25 - JULY 1, 2005

UNIVERSITY OF COLORADO - COLORADO SPRINGS



This camp is a must for any girl serious about taking her wrestling to the next level. It is open to girls of all ages. We will be covering basic positioning, techniques on our feet and mat wrestling.

Featured Camp Staff:



Katie Downing
Camp Director
2004 National Champ



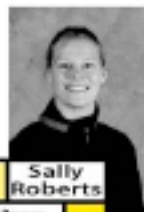
Tina George
2001 Pan Am Champ
2x World Silver



Kristie Marano
'04 World Champ
7x World Medalist



Tera O'Donnell
2004 Olympian
2004 World Cup Silver



Sally Roberts
2003 World Bronze
2003 World Cup Champ

NAME _____ SHIRT SIZE: S M L XL XXL (circle one)
 ADDRESS _____ ROOMMATE PREF. _____
 CITY _____ STATE _____ ZIP _____
 PHONE (____) _____ EMAIL _____
 USAW CARD# _____ (all participants MUST have a current USAW membership card)

COSTS:

\$25 DISCOUNT IF REGISTRATION IS RECEIVED BY MAY 1!!!

\$450 - On Campus Athlete / \$350 - On Campus Coach (includes all room & board charges and local transportation)

\$300 Commuter Athlete / \$200 - Commuter Coach

For coaches and athletes, submit check for \$100 to hold your spot. The remaining balance is due by June 1, 2005.

COMPLETE FORM AND MAIL WITH PAYMENT TO:

KATIE DOWNING/WOMEN'S WRESTLING/ONE OLYMPIC PLAZA/COLORADO SPRINGS, CO/80909

FOR QUESTIONS, CONTACT KATIE DOWNING AT (719) 859-9668.

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USOEC RESIDENT PROGRAM



WOMEN'S FUTURE CHAMPION FREESTYLE CAMP

JULY 16-23, 2005
NORTHERN MICHIGAN UNIVERSITY
MARQUETTE, MI

Featured Camp Staff:



Mary Kelly
 1990 Cadet World Champ
 2x Amer World Medalist



Shannyn Gillespie
 USOEC Women's Head Coach



Brandy Rosenbrock
 2x Jr World Team Member
 World Team Trials Runner-Up



Tina George
 Pan-Am Champ
 2x World Silver



This camp is a must for any girl serious about taking her wrestling to the next level. It is open to girls of all ages. We will be covering basic positioning, techniques on our feet and mat wrestling.

NAME _____ SHIRT SIZE: S M L XL XXL (circle one)
 ADDRESS _____ ROOMMATE PREF. _____
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 \$300 Commuter Athlete / \$200 - Commuter Coach
 For coaches and athletes, submit check for \$100 to hold your spot. The remaining balance is due by July 1, 2005.

COMPLETE FORM AND MAIL WITH PAYMENT TO:
 USOEC WOMEN'S WRESTLING/KU U JOHNSON/351 MEYLAND HALL/MARQUETTE, MI/49855
 FOR QUESTIONS, CONTACT KU U JOHNSON AT (906) 227-4507 OR kujohnso@nmu.edu.

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Training Specials

Training Specials at the US Olympic Training Center

Frequently Asked Questions

What are the Goals of Training Specials at the OTC?

The goals of training specials are to enhance and develop women's wrestling across the country by helping athletes with their individual needs. This is open to all girls who are qualified through USA Wrestling's National Tournaments. It is our hope that girls coming into the training center will take the knowledge and experience they gain back to their wrestling rooms and communities. Through doing so, we will all help develop the sport of women's wrestling around the country.

What is a Training Special?

A Training Special is a fully funded training opportunity at the Olympic Training Center (OTC) in Colorado Springs, Colorado.

What does a Training Special provide for me?

1. Availability of USA Wrestling's National Coaching Staff
2. Wrestling Partners: Many of USA Women's National Team reside here and train here daily
3. Strength and Conditioning Programs and coaches to help you design a program for your needs and put you through daily programs
4. Free Room during your stay at the OTC
5. Food and Nutrition available to you 13 hours a day
6. Sports medicine and medical attention while at the center
7. Availability of USOC's Performance Enhancement Team which includes; sports psychologists, sports physiologists, and nutritionists
8. A great, positive training atmosphere where many of America's Olympians choose to train

What do I have to do to get a Training Special?

If you are an athlete who has placed at any of USA Wrestling's National Tournaments you are qualified to use a training special at the OTC. Training specials are all based upon space availability at the OTC

Who gets to use Training Special?

Any Qualified Athlete who is above the age of 14. The following is a list of the qualified athletes:

- USA Nationals/Trial Rankings
- o Top 10 at the Olympic Weights,
- o Top 7 at the Non-Olympic Weights
- University Nationals
- o Top 7 at the Olympic Weights
- o Top 5 at the Non-Olympic Weights
- FILA Junior Nationals

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Training Specials

- o Top 5 per weight class
- USGWA High School Folkstyle Nationals
- o Top 6 per weight class
- Junior Nationals
- o Top 6 per weight class
- FILA Cadets
- o Top 5 per weight class

How do I set up the training special?

It is important that you notify the national coach, Terry Steiner, with plenty of time (4-6 weeks in advance) to try and arrange everything. From there, he will in turn submit to the USOC the names and dates for which the training special is requested. Once the USOC is notified, it will take some time to know whether the training special is accepted. Once accepted, you can book your ticket into Colorado Springs and notify Terry of your specific arrival/departure times. If you are a national team athlete, USA Wrestling may be able to fly you into Colorado Springs at our expense.

What are the logistics of a training special?

Training Specials are a privilege; the USOC reserves the right to take the program away from an individual at any time. A training special is always based upon space availability at the OTC. Each athlete can use a training special for up to 3 months at a time and a total of 6 months during any given year. Priority will be given to senior level athletes.

Further Questions?

Please contact Terry Steiner at USA Wrestling. 1(800) 999-8531 ext 681

We hope to see you out here!

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Training and Nutrition

Making Weight or Making Nutrition a Lifestyle?

As our competition season is finally upon us, there are many things to think about, technique strengths, technique weaknesses, opponent's strengths, opponent's weaknesses, strength, conditioning, mental training, nutrition and probably many more. The area I would like to focus on is nutrition. I see wrestlers time and again only being concerned about nutrition for just a few weeks before competition. It is my belief that to be successful in this sport, at a high level, nutrition needs to be thought of as a lifestyle.

Here are some major points to consider:

- Food is fuel! Although it may seem so in weight class sports like wrestling, food is NOT the enemy! Sufficient nutrients are needed:
 - To fuel the brain and muscle for training and competition
 - To promote a healthy immune system (for less illness & injury)
 - For muscle synthesis, adaptation, and repair

- Eat more often throughout the day. The human body is made for survival, therefore we have developed mechanisms over the years to ensure our survival. Energy deficits throughout the day have been shown to increase body fat percent in elite athletes. In other words, elite athletes who don't get enough calories throughout the day may be more prone to storing those calories as body fat when they do get them. General rule of thumb: you should not go more than 3-4 hours without eating a small snack or meal.

- It's all about timing! Carbohydrate and protein eaten immediately post-exercise is more likely to be taken into the muscle than to be stored as fat.

- Watch your portion sizes! You don't have to weigh everything you eat, just be conscious of how much you're putting on your plate and in your mouth. Helpful tip: serve yourself on the smaller yellow plates instead of the green plates in the cafeteria.

- You are an elite athlete! The typical average-American diet is not appropriate for you as a competitor. With the exception of the occasional "comfort" food for your psychological well-being, you should consider your diet to be performance enhancing. When considering what food to select for your meal or snack, ask yourself this simple question: "How will this food contribute to my overall health or performance?"

- Appropriate body weight "buffer zones" should be individualized. The ability of a 150 lb athlete to drop 10 lbs is much different from the ability of a 100 lb athlete to drop 10 lbs. In order to minimize the decrease in performance associated with large, rapid weight losses, the individual athlete's percent body fat mass should guide the amount of weight to be lost prior to competition. In general, a

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Training and Nutrition

combination of gradual (not more than 5% bodyweight within 1 month) and rapid (no more than 2-3% within last 2 days) bodyweight loss is the desired.

□ Make sure you're well-hydrated! Muscle cells are 75% water – a decrease in body weight of > 2-3% due to fluid loss can decrease performance during training and competition. You should be monitoring your urine color for hydration status (should be pale yellow, not dark).

Determining Body Weight for Peak Performance

Determine what body composition allows you to be closest to your competition weight and allows you to train at a high level and recover quickly.

1. Schedule regular testing at predetermined points throughout the year including off-season, pre-season and in-season.
2. Testing should include body composition measures, strength, speed, power and endurance measures.
3. Results of these tests should be compared over time with body composition measures and examined for correlations between body composition and performance.
4. It may take a year or longer but, over time; each athlete should have a pattern to follow throughout the year.

Athlete A(59K): Off-Season Measures 1

Body Weight:66 K (145lbs) Body Composition: 19% body fat (29lbs)
Lean body mass (116lbs)

Baseline testing results –basic recommendation – total body weight too high

Off-Season Measure 2

Body Weight:64K (140.8lbs) Body Composition 17.5% body fat (24.6lbs)
Lean body mass (116.2lbs)

Performance results improved – OK for off-season training and cross training

Pre-Season Measure 1

Body Weight:63K (138.6lbs) Body Composition 16.5% body fat (22.8lbs)
Lean body mass (115.8lbs)

Performance results improved again – best of high volume training

Pre-Season Measure 2

Body Weight:60K (132lbs) Body Composition 14.5% body fat (19.4lbs)
Lean body mass (112.6lbs)

Performance results decrease – body weight too low for volume of training

In-Season Measure 1

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Training and Nutrition

Body Weight: 62K (136.4lbs) Body Composition 14% body fat (19.lbs)

Lean body mass (117.4lbs)

Performance results same – body fat% too low for intensity of training

In-Season Measure 2

Body Weight: 61K (134.2lbs) Body Composition 13% body fat (18.lbs)

Lean body mass (116.2lbs)

Performance results same – body fat% too low for vol and int of training

In-Season Measure 3

Body Weight: 62K (136.4lbs) Body Composition 15.5% body fat (21lbs)

Lean body mass (115.4lbs)

Performance results increase – best for in-season and comp preparation

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NATIONAL TEAM - TOUR NEWS

Olympic Training Center - Colorado Springs, CO

XVI Ivan Yarygin International Tournament

January 28-30, 2005

The first tour of 2005 five to Krasnoyarsk, Russia began on an ominous note when 55 kg. Wrestler Tina George was injured the day before departure, and was forced to withdraw from the trip. The next day, a massive snow-storm dumped over fifteen inches of snow on the East Coast creating havoc with the travel plans of wrestlers and coaches alike. Coach Terry Steiner and the majority of the team traveling through Atlanta, GA. were able to make it to Paris on time for their connections to Moscow. Coach Ron Tirpak was not as fortunate, he was delayed and bounced through Europe for two days and missed the dual meet in Moscow Monday night.

On Monday January 23rd, the women's team was defeated by the women's team from the Russian CSKA Club of Moscow. The dual was costly in more ways than one. Stephany Lee injured her knee in the course of pinning her opponent in the 72 kg weight class, and Kaci Lyle whose "cold" turned into a nasty case of the flu had to leave the tour and return home. This departure brought the team down to three wrestlers: Nicole Woody (48kg), Stephanie Murata (51kg), and Sally Roberts (59kg). In Moscow we stayed at the Hotel Russia, one of the largest hotels in the world with three hundred rooms on each of its twenty-one floors.

Tuesday found us practicing at the CSKA facilities in Moscow. Following practice we ate at the club and left for the two hour drive to the domestic airport on the other side of city, and our flight to Krasnoyarsk, Siberia. Traffic has heavy, and the airport was packed, but check-in was uneventful, and we left on time in a huge Aero-flot Ilyusha 96 aircraft. The flight was smooth, the food was good, and sunrise over the taiga (the 3000 mile forest of Siberia) was breath taking. The door of the airplane opened and we were greeted by the -300F temperatures. We collected our luggage, and boarded our bus for the forty minute ride to the city of Krasnoyarsk. The air was cold, but very clean. The countryside was vast plain with an occasional house or stand of trees. All the creeks and rivers were frozen, and the snow on the ground caused it crunch as you walked.

We arrived at the Hotel Krasnoyarsk, and settled into our rooms. Two hours later, we walked to the training center, about eight to ten blocks from the hotel, for a workout, and to receive our credentials. We must have looked like walking bundles of clothing to the Russians (each day we were there we discarded another layer of clothing until we finally learned what the optimum amount of clothing was. The three weight classes in which our women were to compete were all to be contested on the first day of the tournament. Our girls all followed their own idiosyncratic pre-tournament workouts under the watchful eyes of the coaches. Some ran, some wrestled bouts or drilled; followed by a sauna.

Weigh-in for the next day's competition was at 5:00 PM.; followed by the draw for the bouts. The American's draws were challenging. High school junior, Nicole Woody (Odenton, MD) drew Russian Olympian, Lorisa Oorzshak while Stephanie Murata (Colorado Springs, CO./Sunkist Kids) drew Japanese standout, Hitomi Sakamoto. Sally Roberts drew a bye.

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National Team - Tour News

Olympic Training Center - Colorado Springs, CO

The first day of the tournament was an all-women's affair; no men's weight classes were scheduled to compete. Nicole Woody opened cautiously against her Russian Olympian opponent. The first period ended with a 6-0 tech fall for Oorzshak. Oorzshak attacked immediately in the second period, but Woody scored with a perfect duckunder. The experience of the Russian, however, proved to be too much as she pinned Woody in the final thirty seconds of the period.

Stephany Murata's bout with Hitomi Sakamoto was an exchange of attacks and counter attacks. Sakamoto was able to secure a win by fall. Both Woody and Murata now had to wait to see if their respective opponents were able to wrestle through to the finals; only then would they be able to wrestle back for third place. Unfortunately for Woody, her opponent was defeated in the semis, but Murata's opponent not only made the finals but also won. Stephany wrestled Vanesse Bubriem of France; losing a tough one point decision.

The opening ceremonies preceded the finals. Our hosts presented a beautifully choreographed program with hundreds of local children in traditional costumes. The event was filled with color, music, and even tumbling gymnastic polar bear mascots.

Sally Roberts experienced a great day. Both coaches remarked that she wrestled the most intelligent tournament of her career. In her first bout, she defeated Marina Kolobaeva of Russia 2 periods to 0 after although she was behind at one point in each period. In her second bout, she came back from a deficit again to defeat Eugenia Perepoylkina of Russia 2 periods to 1. Her tenacity continued in the semi-finals as she defeated Julia Ratkevich of Belorussia 2 periods to 1. In the finals, Sally scored a takedown within the last ten seconds to score the only point of the period, therefore winning the period. In the second period her opponent, Helen Shalygina of Russia come out determined to force a third period. She took Roberts down with a hard double to secure a 1-0 lead. With fifteen seconds left in the period, Roberts maneuvered Shalygina into the zone, and with a quick pivot caused Shalygina to step out of bounds for a point. Although the score was 1-1, Roberts was declared a winner, because under the new rules the wrestler scoring the last point in a tie situation is awarded the period. Sally Roberts won the gold 2 periods to 0. Sally's win was an excellent way to end the day, and an excellent way to end the women's competition.

The rest of the stay for the women was spent cheering on the men during their tournament, and spending leisure time among the shops and markets of Krasnoyarsk. Ironically, an event which began in the gloom of snow storms and missed connections ended with a golden shine.

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National Team - Tour News

Olympic Training Center - Colorado Springs, CO

Tour to Tourcoing, France Provides a Glimpse of New Talent and Veteran Poise

It was a mix of the veteran and the new as six women traveled to France to compete in the Tourcoing tournament as part of USA Wrestling's women's annual winter tour held February 14- 20. The United States secured three medals in the competition as veteran and captain of the women's national team Katie Downing (Sunkist Kids/ Colorado Springs OTC) won the gold medal after a dominating performance at 67 kg. Sara Fulp-Allen (Menlo College, CA) and relative youngster Stephanie Shaw (Connecticut) each came away from the competition with bronze medals after some hard-fought victories at 48 kg and 63 kg respectively. The United States finished 3rd as a team on the strength of five competitors behind a strong Polish team and the larger French team.

This was my first time coaching a tour, and I was much obliged that the trip was lead by Lee Allen, a mainstay in senior level women's wrestling. Fittingly, the trip had other rookies and relative newcomers to the senior tour circuit. 17-year-old and 59 kg competitor Na'Tasha Umemoto (Sunkist Kids/ Portland, OR) and Shaw both commuted for the first time to Europe to compete on the senior level as part of an international tour. Malinda Ripley (Sunkist Kids/ Colorado Springs OTC) also gained valuable international competitive experience and fell just short of placing at 55 kg. Samantha Lang (Sunkist Kids/ Colorado Springs OTC) sought this same experience, but suffered an ankle injury during a workout and withdrew from competition.

Not to disappoint, the trip provided us all with a little taste of the trials and elations that come with competing abroad. For instance, a week in a foreign country amidst heavy weight cutting without easy access to laundry services can efficiently turn a hotel room into a rank marinade seasoned by expired, but still wet, clothing. HOLY COW that will wake you up in the morning—and it often had this effect on anyone who would open Ripley's and Lang's door to wake them for morning practice. Malinda maintained that it was all Sammy's doing, but, from other contexts, one could easily surmise that Malinda contributed a little methane to the problem.

On the mat, the girls learned some valuable lessons as well. In her first match of the tournament Umemoto put on an impressive display of her offensive capabilities. Ahead 6-0 and 5-0 in the second period, however, Umemoto learned that the Europeans can be quite fond of hooking elbows from underneath in an effort to sneak out a pin. Occasionally this technique works, as Na'Tasha found out. After her match she assured me she would never get caught in this move again, and I thought the lesson was learned. If we hadn't learned the lesson, though, there was plenty of opportunity to reinforce it. The Europeans tried the move on us again and again, and Ripley showed us that, occasionally, the move works twice on competitors from the same country in a single day.

The US delegation received a wonderful sample of the highlights of the surrounding alien culture. Thanks in large measure to the very capable diplomatic efforts of Sara Fulp-Allen and the other French-speaking wrestlers on the tour as well as the efforts of our hosts, our stay in Tourcoing was quite hospitable. Each of our party executed a foot tour of the city of Tourcoing and many ventured out into the nearby city of Lille and/or crossed the French/Belgian border. The girls had opportunity to develop fondness for French bread, cheese, cuisine, and Belgian chocolates. After one team dinner, we were even treated to some entertainment as we witnessed our French waiter execute a perfect swan-dive onto the lap of a patron (fortunately not one of us). French acquaintances and friends were made and enjoyed.

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National Team - Tour News

Olympic Training Center - Colorado Springs, CO

Perhaps the most lasting memories which have been taken from this tour will come from the interactions that occurred between the individual people that constituted our delegation. Competitors, trainer Vicki Chung, referee BJ Branch, and the coaches alike had the opportunity to get to know one another and make the wrestling world a little smaller and known to each. On a trip like this one, there are invariably little exchanges and circumstances which cause the participants to laugh, ponder, and even cry. This trip was no exception and I include a few of my lighter exchanges below to memorialize them, in part, and to share them in the hopes that the connections created can be extended to our larger community.

Every once in a long while I generate a “good” idea. Inspiration struck one night while Shaw, Downing, Branch and I were watching French TV and inventing storylines to overlay the drama we saw but couldn't fully understand because of the language barrier. I said aloud that I thought it would be a great idea to go to a circus performance and heckle the performers. My genius idea received a cold reception from all those in earshot notwithstanding my demonstration of how I would proceed with my hypothetical heckling. Several minutes later, I had lost my great idea and attempted to rediscover it while inadvertently mapping my search aloud, “Um.... What was my good idea for today?..... Oh yeeeahhhhh..... Clown Heckling.” Like so many of my funnier moments, I did not intend to be the subject of others' amusement but nonetheless my statement kicked off about 15 minutes of hysterics. The fun part of the story is that the joke would have been short-lived if it were not for the fact that after about two minutes of laughter, Shaw felt it necessary to try to stop the momentum of her own chuckling with the inquiry, “Wait, Wait. That's soooo funny. But wait, [laugh, laugh] what is ‘heckling’?”

Tickets to France: \$460. Hotel in Tourcoing: €50. Discovering why Stephanie Shaw dyes her hair blonde: Priceless.

I also demonstrated a considerable lack of judgment with one of my admissions. One night at dinner and in order to bolster Sammy's assertion that she often gets carried away emotionally at movies, I offered that I once teared up while watching the ending of “Jerry MacGuire.” It is fitting to offer a little piece of advice here: Don't ever willingly admit to an assemblage of wrestlers anything embarrassing about yourself. This move was about as intelligent as bending over to let a pack of wolves lick your throat. Just not a good move. Stephanie learned this when the rest of the delegation constantly defined words from phrases that she found amusing. I, similarly, was constantly reminded by the girls that I “had them at ‘hello’.”

Finally, the tour to France offered a chance to complete an old mission of mine. About one year ago, Katie Downing made an offhand remark to me that many-a-person had tried to saddle her with a nickname but somehow no such labels ever stuck. I remember thinking on that day I will succeed where others had failed; I was going to finally give her the nickname she deserved. This time, it would stick because, I reasoned, if ever there was a necessity for a secondary name that could be used by teammates to convey their respect and affection it belonged to the ever-generous and supportive Katie Downing. (It seemed the least I could do for her after she lured me into a staged drill-match which was immortalized by a HUGE front-page photo of her pinning me on the front page of the Indianapolis Star during the Olympic Trials last year). The name “Snuggles” was settled upon based on the strength of the tenuous two-step connection of “Downing” to the brand-name fabric softener “Downey” and its snuggly spokesbear. Needless to say, I have spent way, way too much time and energy conquering this perceived challenge. Coaching a tour of which Katie was a part was a golden chance to

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National Team - Tour News

Olympic Training Center - Colorado Springs, CO

finally complete this challenge and cement the name in the minds of her fellow wrestlers.

Katie put together a great tournament. Using her customary front-headlock, she defeated tough Polish competitors handily without ever losing a period to her opponents en route to her championship. What is more, Downing demonstrated leadership, intelligence, focus, and dedication in her preparation leading up to the tournament that should be a model and inspiration to those younger competitors who were just learning how to step up to the highest levels in women's wrestling.

After an Olympic year, there is always a sort of quiet lull in the competitive scene as the wrestling world takes a collective breath which is usually followed by an excitement for the younger talent that is preparing to carry the torch forward into the next quadrennial cycle. Our trip to France was special as it displayed the interaction of the young infusion of talent eager to ascend to coveted World and Olympic Team spots and the veteran presence determined to achieve goals so narrowly missed the last time around. It occurred to me, as Downing stepped to the top of the podium to receive her gold medal while being cheered by her younger teammates who yelled out, "WAY TO GO, SNUGGLES!", that the next four years was going to be fantastic.

By: Levi Weikel-Magden

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FILA CLASSES/WEIGHTS

Division	CADET Women	JUNIOR World Women	SENIOR Women
Birth Dates	Born 1988 - 1989 1990**	Born 1985 - 1987 1988**	Born 1985 or before 1986 - 1988**
Match Time Limits	2 - 2 minute periods 30 second rest between periods	2 - 3 minute periods 30 second rest between periods	2 - 3 minute periods 30 second rest between periods
# OF Weights/Unit	11 - kg / lbs.	8 - kg / lbs.	7 - kg / lbs.
Weight Classes kg & lbs.	36-38 / 79.25-83.75 40 / 88 43 / 94.75 46 / 101.25 49 / 108 52 / 114.5 56 / 123.25 60 / 132.25 65 / 143.25 70 / 154.25 78 / 170* 84 / 185* 100 / 220*	40-44 / 88-97 48 / 105.75 51 / 112.25 55 / 121.25 59 / 130 63 / 138.75 67 / 147.5 67-72 / 147.5-158.5	48 / 105.5 51 / 112 55 / 121 59 / 130 63 / 138.5 67 / 147.5 72 / 158.5

* Not a FILA weight

**medical certificate required to participate

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Resident Athlete News

Olympic Training Center - Colorado Springs, CO

List of Residents 2004

48 kg

Clarrisa Chun, Hawaii
Katie Kunimoto, Hawaii

51 kg

Stephanie Murata, Nevada
Malinda Ripley, California

55 kg

Tela O'Donnell, Alaska
Tina George, Ohio
Jenny Wong, Minnesota
Marcie Van Dusen, California
Erin Tomeo, Pennsylvania
Tina Pihl, Massachusetts

59 kg Sally Roberts, Washington

63 kg

Kaci Lyle, California
Tori Adams, Texas

67 kg

Katie Downing, Indiana
Ashley Sword, Florida

72 kg

Kristie Marano, New York
Iris Smith, Georgia
Samantha Lang, Oregon

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Resident Athlete News

Olympic Education Center - Northern Michigan - Marquette, MI USOEC Information

The inaugural Women's Wrestling team at the United States Olympic Education Center/Northern Michigan University (USOEC/NMU) is alive and well. Currently, there are 13 women who make up the team. Practices are held 11 times per week to gear up for tournaments like Sunkist International, NYAC Christmas tournament, Dave Schultz Memorial tournament, and the host of national tournaments in the spring.

The USOEC/NMU Women's Wrestling team and programs like this exist to help non-traditional collegiate sports grow and flourish. The NCAA will sanction a national tournament for sports of at least 20 teams. Currently, there are 6 collegiate women's wrestling programs. It is our hope that the USOEC/NMU Women's Wrestling team can help nurture the sport and open more collegiate administrators eyes to the possibility of eliminating a need for a term like non-traditional collegiate sport. In this way, our sport will grow, women will have more opportunities, and the world will be a better place.

We have developed a website called Freestyle Female, <http://www.leaguelineup.com/temp/site>, to disseminate info regarding what we love to do. Many of the pages on this site can help all learn about wrestling from technique to history to nutrition to building a club or wrestling organization. The purpose of the site is to grow our sport by leaps and bounds. We invite all to look at this technique page, <http://www.leaguelineup.com/misc/info.asp?menuid=40&cmenuid=40&url=temp/site>. Much of the info here will help all get skillfully better in our beloved sport.

The USOEC/NMU Women's Wrestling team is planning on having several wrestling camps throughout the year. This year's camps may include: Future Freestyle 1 November 10-14, 2004 (invite only); Future Freestyle 2 (invite only) May 28-June 4, 2005; Junior World Training Camp July 20-30, 2005; Future Champion July 16-23, 2005 (open to all). You must be ranked 1-8 in the country for the invite only camps. For more info on these camps, please call 906-227-1285.

Shannyn J. Gillespie
USOEC/NMU Women's Wrestling
1401 Presque Isle
Marquette, MI 49855-5301
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Resident Athlete News

Olympic Education Center - Northern Michigan - Marquette, MI USOEC Benefits Summary

All fully approved resident student athletes in USA Wrestling's Women's Wrestling program at the United States Olympic Education Center at Northern Michigan University will receive a significant amount of financial support. In addition to the university's support, all approved student athletes may also qualify for the federally funded B.J. Stupak Olympic Scholarship Program, depending on their grades and other factors.

Following is a breakdown of the normal costs for an out-of-state, undergraduate student to attend NMU for a full academic year compared to the maximum costs approved resident wrestlers must pay:

ITEM	REGULAR COST	WRESTLER'S COST	SAVINGS
Tuition (full-time 12-18 credits)	7,608.00	4,440.00	3,168.00
Room (double room rate)	2,744.00	-0- (1)	2,744.00
Meals	3,150.00	-0- (1)	3,150.00
Other Mandatory Fees	670.00	670.00 (2)	-0-
Books	630.00*	630.00*	-0-
Total	\$14,802.00 (3)	\$5,740.00 (4)	\$9,062.00

*Dollar amount established by Financial Aid Office for full-time students, although actual cost may be more or less. Student must pay for books out-of-pocket prior to award of the Stupak Scholarship payment.

NOTES

- 1) For those student athletes who qualify, all room and board costs will be covered either through the B.J. Stupak Olympic Scholarship Program or by a USOEC Scholarship.
- 2) The university also charges all first-time freshmen a one-time Athletic Event Fee of \$100 that is not included in this total.
- 3) All of the above rates are for the 2004/2005 academic year. Rates for 2005/2006 have not yet been determined.
- 4) Student athletes may qualify for a grant from the B.J. Stupak Olympic Scholarship Program to pay this cost. More information about the program is included in this packet. Applications will be available in May.

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Resident Athlete News

Olympic Education Center - Northern Michigan - Marquette, MI

List of Residents 2004 - 2005

Weight - Name (Hometown)

48 kg/105.5 lbs. - Mary Kelly (Mahomet, Ill.)

48 kg/105.5 lbs. - Liz Short (Lombard, Ill.)

51 kg/112.25 lbs. - Debbi Sakai (Miliani, Hawaii)

51 kg/112.25 lbs. or 55 kg/121 lbs. - Amy Borgnini (Terre Haute, Ind.)

55 kg/121 lbs. - Danyelle Hedin (Honolulu, Hawaii)

55 kg/121 lbs. - Sharon Jacobson (El Cajon, Calif.)

59 kg/130 lbs. - Brandy Rosenbrock (Harrison, Mich.)

59 kg/130 lbs. - Linse Meadows (Katy, Texas)

63 kg/138.75 lbs. - Ku'u'ini Johnson (Honolulu, Hawaii)

63 kg/138.75 lbs. - Teri Lopez (Katy, Texas)

67 kg/147.5 lbs. or 72 kg/158.5 lbs. - Randi Miller (Arlington, Texas)

72 kg/158.5 lbs. - Donnell Bradley (Aiea, Hawaii)

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College

Contact Information

Colleges and Universities

Missouri Valley College (1999)

Marshall, Missouri

Mailing Address: 500 E. College Street, Marshall, MO 65340

Head Coach: Carl Murphree

Office Phone: (660) 831-4097

School Colors: Purple & Orange

Nickname: Vikings

Enrollment: 1,350

Web page: <http://www.moval.edu>

Cumberland College (1999)

Williamsburg, Kentucky

Mailing Address: 7526 Cumberland College Station, Williamsburg, KY 40769

Head Coach: Kip Flanik

Office Phone: (606) 539-4364

Home Phone:

School Colors: Maroon & White

Nickname: Indians

Enrollment: 1,600

Web Page: <http://www.cumber.edu>

Pacific University (2001)

Forest Grove, Oregon

Mailing Address: 2043 College Way, Forest Grove, OR 97116

Head Coach: Scott Miller

Office Phone: (503) 352-2827

Home Phone:

Email: sdmiller@pacificu.edu

School Colors: Red, Black & White

Nickname: Boxers

Enrollment: 1,850

Web page: <http://www.pacificu.edu>

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College

Contact Information

Colleges and Universities

Menlo College (2001)

Atherton, California

Mailing Address: 1000 El Camino Real, Atherton, CA 94027

Head Coach: Lee Allen (2-time U.S. Olympic Team Member, U.S. Olympic Team Head Coach in 1980)

Office Phone: (650) 543-3853

Home Phone: (650) 726-4859

Email:

School Colors: Navy Blue & White

Nickname: Oaks

Enrollment: 550

Web page: <http://www.menlo.edu>

MacMurray College

Jacksonville, Illinois

407 E College, Jacksonville, Illinois

Head Coach: Jerry Kelly

Office Phone: (800) 252-7485

Home Phone: 217-479-7147

Email: jerry.kelly@mac.edu

Nickname: Highlanders

Enrollment: 700

*Jacksonville (Pop. 25,000) is 30 miles west of Springfield

Others: Clubs, Etc.

Marion Military Institute

P.O. Box 956

Marion, Alabama 36756

Phone: 334-683-2300

Head Coach: MAJ Joe Wiendl

E-Mail: jwiendl@marionmilitary.edu

Enrollment: 300

Colors: Black & Orange

Nickname: Tigers

Website: <http://www.marionmilitary.edu>

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College

Rosters/Schedules

PACIFIC UNIVERSITY 2004-05 BOXER WRESTLING

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

- 105 – Kristin Fujioka (HI, sr., No. 4)
- 112 – Kapua Torres (HI, soph., No. 2)
- 121 – Desi Lockhart (WA, sr., No. 2)
- 130 – Michelle Ludwig (CA, soph., No. 8)
- 138 – Brenna Larkin (AZ, soph., No. 8)
- 147 – Stacy Martell (OR, soph., No. 6)
- 158 – Ashley Truchan (HI, fr.)
- 176 – open

Pacific Univ. depth chart

- 105 – Fujioka, Valerie Prise (CA, fr.)
- 112 – Torres, Teresa Ayala (CA, soph.)
- 121 – Lockhart, Shannon Logan (NY, soph.), Crystal Okamoto (HI, fr.)
- 130 – Ludwig, Jazmine Cockett (HI, fr.)
- 138 – Larkin, Titilope Lawani (CA, fr.)
- 147 – Martell, Sammi Jo Edwards (OR, fr.), Anela Iseke (HI, fr.)
- 158 – Truchan
- 176 – open

Pacifica University Schedule

Date	Opponent/Event	Site	Time
Fri./Sat., October 29/30	Sunkist Kids International Open	Tempe, Arizona	All Day
Friday, November 5	Red & Black Intra-squad Match (Exhib.)	PAC, Forest Grove	7:00 pm
Friday, November 12	Clan Duals (Scott/Danielle)	Burnaby, British Columbia	6:00 pm
Saturday, November 13	Clan International Open	Burnaby, British Columbia	9:00 am
Sunday, November 14	Mike Clock Open	PAC, Forest Grove	10:00 am
Sunday, November 14	Lassen College	PAC, Forest Grove	4:00 pm
Sunday, January 9	Boxer Open	PAC, Forest Grove	10:00 am
Friday, January 14	Simon Fraser University	PAC, Forest Grove	Noon
Saturday, January 15	Lady Oak Open (Troy, Scott)	Atherton, California	All Day
Saturday, January 15	Lassen College	Atherton, California	TBA
Saturday, January 29	Simon Fraser Duals (Lewis, Danielle)	Burnaby, British Columbia	TBA
Saturday, February 5	Simon Fraser University	Burnaby, British Columbia	Noon
Sat./Sun., February 5/6	Dave Schultz International Open (Troy, Danielle)	Colorado Springs, Colorado	All Day
Fri./Sat., March 24-25	Women's Collegiate National Championships	Atherton, CA	All Day
Fri./Sun., April 8-10	University Nationals	Marshall, Minnesota	All Day
Fri./Sat., April 29-30	U.S. Senior National Championships	Las Vegas, Nevada	All Day

NOTE: All times are Pacific

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College

Rosters/Schedules

Cumberland College

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

105 – Aquilla Hills (PA, soph., No. 7) or Jessica Medina (CA, fr.)

112 – Daisy Callado (TX, soph., No. 5) or Medina

121 – Othella Lucas (CA, soph., No 3 at 63 kg) or Chelsea Roundtree (KY, fr.)

130 – Suekoilya Shelly (TX, soph., No. 1)

138 – Alaina Berube (MI, jr., No. 1) or Shelly Ruberg (OH, jr., No. 4 at 59 kg)

147 – Heather Martin (OH, fr.) or Ruberg

158 – Toccara Montgomery (OH, sr., No. 1) or Tabitha Golt (VA, fr.)

176 – Montgomery, Golt or Sherri Hillard (ND, soph., No. 4 at 147)

Cumberland College depth chart

105 – Hills, Medina, Melissa Girard (MI, fr.), Rene Mortinson (CA, soph., No. 6), Becky D'Ambrosia (OH, sr.), Kristin McKenna (FL, soph.), Ana Ramey (TX, fr.)

112 – Callado, Maggie Klauck (FL, soph., No. 7), Kiara Baugh (TX, sr.), Brenda McDaniels (MA, sr.), Deseree Cazerias (TX, fr.)

121 – Lucas, Roundtree, Jessi Shirley (OH, sr.), Tiffany Gay (MA, sr.)

130 – Shelly

138 – Berube, Ruberg, Aja Smith (IN, jr., No. 6), Allison Hooper (TX, soph.), Emmy Thompson (TX, fr.)

147 – Heather Martin (OH, fr.),

158 – Montgomery, Golt, Megan Nevill (MI, soph., No. 3), Jesse Clifton (GA, jr.), Elizabeth Hernandez (FL, fr.), Lisa Obregon (TX, fr.)

176 – Hilliard, Theresa Fennell (TX, fr.), Wendy Hunter (OH, sr.)

Comberland College Schedule

10-14/10-17 Scrimmage with Canadian teams in Canada, Western University.

10-28/10-31 Sunkist, Phoenix, Arizona.

11-5/11-7 McMaster Open, Hamilton, Ontario

11-19/11-21 Lakehead Duals and open, Thunder bay, Ontario

12-3/12-4 McMaster Dual, home

12-17/12-19 NYAC open, New York

12-17/12-19 Texas Classic, Frisco, Texas.

1-22/1-23 NWCA duals with Missouri Valley and Northern Michigan, Cleveland, Ohio

1-28/1-31 Western Open, Western, Ontario

2-4/2-6 Dave Schultz, Colorado Springs, Colorado

2-19 USGWA tournament, HOME

3-4/3-6 College duals, HOME

3-25/3-27 College Individuals, Menlo, Atherton, California

4-1/4-3 Missouri Valley open, Marshal, Missouri

4-8/4-10 Body Bar, San Diego, California

4-29/5-1 NATIONALS, Las Vegas, Nevada.

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College

Rosters/Schedules

Cumberland College Roster by Year

FRESHMEN

Deseree Cazares, South Grand Praire, Texas, 51k
Theresa Fennell, Amarillo, Texas, 72k
Mellissa Girard, Norway, Michigan, 48k
Tabitha Golt, Chesapeake, Virginia, 67k/72k
Elizibeth Hernandez, Valirico, Florida, 72k
Heather Martin, Wellington, Ohio, 67k
Jessica Medina, Pomona, California, 48k/51k
Lisa Obregon, San Antonio, Texas, 72k
Ana Ramey, Houston, Texas, 48k
Chelsea Rountree, Crestwood, Kentucky, 55k
Emmy Thompson, Watuga, Texas, 63k

Seniors

Tocara Montgomery, Cleveland, Ohio, 72k
Wendy Hunter, Cleveland, Ohio, 72k
Tiffany Gay, Boston, Mass., 55k
Brenda McDaniels, Boston, Mass., 51k/55k
Becky D'Ambrosia, Defiance, Ohio, 48k
Kiara Baugh, San Antonio, Texas, 51k
Jessi Shirley, Mount Vernon, Ohio, 55k

Juniors

Alaina Berube, Escanaba, Michigan, 59k/63k
Jesse Clifton, Metters, Georgia, 72k
Aja Smith, Bright, Indiana, 63k
Shelly Ruberg, Harrison, Ohio, 63k

Sophomores

Daisy Callado, South Grand Praire, Texas, 48k/51k
Sherri Hilliard, Lakota, North Dakota, 67k
Aquilla Hills, Philadelphia, Pennsylvania, 48k
Allison Hooper, Frisco, Texas, 63k
Maggie Klauck, Deland, Florida, 51k/55k
Othella Lucas, San Diego, California, 55k/59k
Kristin McKenna, Key West Florida, 48k/51k
Rene Mortinson, Lancaster, California, 48k
Megan Nevill, Claire, Michigan, 67k/72k
Suekoilya Shelly, Bedford, Texas, 55k/59k

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College

Rosters/Schedules

Northern Michigan

<u>Data</u>	<u>Event</u>
Nov 10-14	Future Freestyle Camp N. Michigan
Nov 19-21	Women's Championship Cup Canada
Dec 17-18	Nyac Christmas Championships New York City, Ny
January 20-23	Cumberland College, Missouri Valley Cleveland, Oh
Feb 4-6	Schultz International Otc Sr
March 7-14	Trophee Milone International Tour Naples, Italy
April 8-10	2005 Bodybar Fila Cadet, Fila Jr, University Tba Cadet, Jr, Univ
April 28-30	2005 Usa Nationals Las Vegas Sr
May 28 - June 4	Future Freestyle Camp N. Michigan Jr, Cadet
July 5-10	Jr World Championships Lithuania Jr
July 16-23	Future Champion Camp #2 Open N. Michigan

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College

Rosters/Schedules

Missouri Valley College

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

- 105 – Sadie Kaneda (HI, fr.)
- 112 – Tabithia Ramsey (TX, soph., transfer, No. 3)
- 121 – Maika Watanabe (CA, soph., No. 4 at 55 kg)
- 130 – Brooke Bogren (KS, jr., No. 2) or
- 138 – Julie Duarte (CA, soph., No. 5)
- 147 – Kelly Branham (AZ, jr., No. 1)
- 158 – Alecia McCoy (TX, soph., No. 4)
- 176 – Stephany Lee (HI, soph., No. 1)

Missouri Valley College depth chart

- 105 – Kaneda, Angelee Homma (HI, soph.), Norine Cruz (CA, fr.)
- 112 – Ramsey, Jennifer Aniano (MI, fr.), Carmen Ramos (TX, fr.), Britney Sevey (AK, fr.)
- 121 – Watanabe, Kiersten Hyatt (CA, sr., No. 3), Sandy Do (CA, soph.), Katherine Bareeda (TX, fr.), Jennifer Harvey (CA, soph.), Erika Chew (TX, soph.), Hope Jones (TX, fr.),
- 130 – Bogren, Astrid Gomez (TX, fr.), Sarah Shumacher (TX, fr.), Clarissa Calibuso (HI, soph., No. 6), Stephanie Haver (TX, fr.), Maria Dunn (Guam, fr.)
- 138 – Duarte, Rachel Billerbeck (TX, fr.), Billerbeck, Chanea Meletia (HI, fr.), Shannon Silvet (CA, fr.)
- 147 – Branham
- 158 – McCoy, Selina Perez (HI, soph., No. 6)
- 176 – Lee

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College

Rosters/Schedules

Pacific Univ.

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

- 105 – Kristin Fujioka (HI, sr., No. 4)
- 112 – Kapua Torres (HI, soph., No. 2)
- 121 – Desi Lockhart (WA, sr., No. 2)
- 130 – Michelle Ludwig (CA, soph., No. 8)
- 138 – Brenna Larkin (AZ, soph., No. 8)
- 147 – Stacy Martell (OR, soph., No. 6)
- 158 – Ashley Truchan (HI, fr.)
- 176 – open

Pacific Univ. depth chart

- 105 – Fujioka, Valerie Prise (CA, fr.)
- 112 – Torres, Teresa Ayala (CA, soph.)
- 121 – Lockhart, Shannon Logan (NY, soph.), Crystal Okamoto (HI, fr.)
- 130 – Ludwig, Jazmine Cockett (HI, fr.)
- 138 – Larkin, Titilope Lawani (CA, fr.)
- 147 – Martell, Sammi Jo Edwards (OR, fr.), Anela Iseke (HI, fr.)
- 158 – Truchan
- 176 – open

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College

Rosters/Schedules

Menlo College

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

- 105 – Sara Fulp-Allen (CA, soph., No. 2)
- 112 – Melissa Gutierrez (CA, soph.)
- 121 – Laurin Daniels (WA, fr.)
- 130 – Jade Prudent (TX, fr.)
- 138 – Dina (Becky) Tavera (CA, jr., No. 7)
- 147 – Jessica Eberhart (TX, jr.)
- 158 – Misty Stalley (CA, soph., No. 2 at 80 kg)
- 176 – Chelsey Torres (HI, soph., No. 4)

Menlo College depth chart

- 105 – Fulp-Allen, Rita Rameriz (CA, soph.)
- 112 – Gutierrez
- 121 – Daniels
- 130 – Prudent
- 138 – Tavera
- 147 – Eberhart
- 158 – Stalley, Allison Uribe (CA, fr.)
- 176 – Torres

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College

Rosters/Schedules

Lassen College

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

105 – Jessica Hsieh (CA, fr.) or Damaris Barrios (CA, soph.)

112 – Sabrina Lancilotti-Valdez (CA, soph., No. 6)

121 – Ashley Nethercott (CA, fr.)

130 – Meghan Cox (ID, soph.)

138 – open

147 – Andrea Hale (IL, soph., No. 5)

158 – Natasha Phinney (CA, fr.), Rachel Knight (CA, fr.), Amy Yeo (CA, fr.) or Caitlyn Case (CA, fr.)

176 – Irine Prioux (CA, soph., No. 6)

Lassen College depth chart

105 – Hsieh, Barrios, Alexa Torres-Canizalez (CA, fr.), Tiffany Leo (CA, fr.)

112 – Lancilotti-Valdez, Candice Clements (NE, fr.)

121 – Nethercott

130 – Cox, Summer Scott (CA, fr.), Monica Celaya (CA, fr.)

138 – open

147 – Hale, Juan Juarez (CA, fr.)

158 – Phinney, Knight, Yeo or Case

176 – Prioux

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College

Rosters/Schedules

MacMurray College

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

105 – Kayci Thompson (MO, soph., transfer, No. 7 at 112)

112 – open

121 – April Dick (IL, fr.)

130 – Andrea Whitney (CA, fr.)

138 – open

147 – Laura Conway (IL, fr.)

158 – open

176 – Jessica Surratt (TX, fr.)

Cal-State Bakersfield

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

105 – Laura Felix (CA, soph., No. 3), Amantha Hordagoda (CA, soph., No. 5)

W.O.W. club

Projected Started Lineup

(with state, year and final '04 U.S. college ranking)

112 – Kristen Condello, Univ. of Pennsylvania (PA, soph) or Diane Michaelson, Bryn Mawr College (PA, fr.)

121 – Jess Lamina, Ursinus College (PA, fr.)

138 – Jen Chu, Haverford College (PA, soph.)

W.O.W. club depth chart

112 – Condello, Michaelson

121 – Lamina,

138 – Chu, Maya Bass, Wesleyan Univ. (PA, fr.)

Princeton College

(with state, year and final '04 U.S. college ranking)

121 – Audrey Pang (Canada, sr., No. 6)

Bacone College

(with state, year and final '04 U.S. college ranking)

138 – Amanda Muncer (TX, fr.)

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College

Rosters/Schedules

Other women athletes on men's teams

112 - Claire DuPont (Colorado School of Mines, fr.)

130 - Lorraine Infante (Montclair State, sr.)

176 - Sarah Ruhland (UW-Whitewater, fr.)

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Upcoming Events

National (USA Wrestling Events)

Missouri Valley
Showcase of
Women's Freestyle Wrestling
April 1-3, 2005
Burns Athletic Center
Missouri Valley College
Marshall, MO

Schedule:

Friday April 1, 2005

Registration: 4:00 -5:00 pm at the Burn's Athletic Center

Weigh-In and Medical Check:

5:00 -6:00 pm at The Burn's Athletic Center

Saturday April 2, 2005

Officials Clinic: 8:30 -9:00 am

Wrestling 9:00 -6:00 pm

Sunday April 3, 2005

Wrestling 9:00 -3:00 pm

Awards:

Medals will be awarded to the top three individuals in each weight class. One Outstanding Wrestler award for each age division.

Format:

The Showcase will use line bracketing or round robin formats, depending on the number of competitors in the weight class.

Uniforms:

Women's singlets are required. Either: Red / Blue reversible or one of each.

Eligibility:

All wrestlers must have a current USA Wrestling Membership. All Coaches must have a current USA Wrestling Coaches Card and a minimum of a Copper Coaches certification.

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Upcoming Events

National (USA Wrestling)

Weigh-ins:

Weigh-ins will be conducted with singlets on. Bantam, Midget, Novice and Schoolgirl divisions will be allowed to step on the scale one time only, No exceptions!

*You can purchase a USAW card at The Showcase Event, or through your USA State Office.

Tournament Director: Carl Murphree

Phone: (660) 815-2247

Fax: (660) 831-4233

Address: 623 S. Lincoln Avenue
Marshall, MO 65340

Venue: Missouri Valley College
Burns Athletic Center
542 Morrow Avenue
Marshall, MO 65340

USA Wrestling Card/Membership Required

Fees:

Entry fee is \$20 per wrestler.

Make checks payable to:

Missouri Valley Women's Wrestling Club.

Mail Entries and payments to:

Kathleen Ramirez
623 S. Lincoln Ave
Marshall, MO 65340

Area Hotels:

Super 8 (660) 886-3359

Comfort Inn (660) 886-8080

Budget Inn (660) 886-7455

Gene's Motel (660) 886-3333

Marshall Lodge (660) 886-2326

All Marshall Hotels are within a mile of the campus

Nearby Towns with Lodging: Boonville, Sweet Springs, Sedalia

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Upcoming Events

National (USA Wrestling)

Event Flier Link:

<http://www.themat.com/eventfliers/05BodyBar.pdf>



Presents the
**BODY BAR WOMEN'S
NATIONAL
CHAMPIONSHIPS**

**FOR UNIVERSITY, FILA JUNIOR &
FILA CADET WOMEN
WITH GIRL'S FREESTYLE NATIONALS**



**APRIL 8 - 10, 2005
GROSSMONT HIGH SCHOOL
EL CAJON, CA**

Event Director: Richard Bailey
Phone: 619/303-6886
Email: rrbailey@cox.net
CA/USA Wrestling: 559/275-9478
Email: calusarob@aol.com
Address: California/USA Wrestling
5325 West Clinton
Fresno, CA 93722
Venue Address: Grossmont High School
1100 Murray Drive
El Cajon, CA 92020

Registration Form and Waiver available at
www.themat.com

BODY BAR
the original the leader the best.
www.bodybars.com



SCORE-CLOCKS INC.

HEALTHSOUTH



EVENT SCHEDULE

All schedules and information listed throughout this flyer pertain only to the Women's and Girl's Body Bar Nationals

	Start	Finish
Friday, April 8		
Registration - Girl's FS (Grades 3-8), FILA Cadet, University and FILA Junior	5:00 pm	8:00 pm
Girl's FS (Grades 3-8), FILA Cadet and University	5:00 pm	8:00 pm
Weight-in/Medical Check (See Weight-in Procedures)		
Pairing Officials Clinic & Tournament Setup	7:00 pm	Conclusion
Girl's FS (Grades 3-8), FILA Cadet and University		
Met Officials Clinic	8:00 pm	9:30 pm
Saturday, April 9		
Girl's FS (Grades 3-8), FILA Cadet and University - Session I	8:00 am	12:00 pm
Girl's FS (Grades 3-8), FILA Cadet and University - Session II	1:00 pm	Conclusion
Registration - FILA Junior	5:00 pm	5:30 pm
FILA Junior Weight-in/Medical Check (See Weight-in Procedures)	5:30 pm	6:00 pm
Tournament Setup - FILA Junior	5:30 pm	Conclusion
Sunday, April 10		
FILA Junior - Session I	9:00 am	12:00 pm
FILA Junior - Session II	1:00 pm	5:00 pm

Sessions and schedule subject to change

For specific event procedures or scheduling, contact USA Wrestling National Events at 719/598-8181

**U.S. Senior
World Team Trials**
June 17-19, 2005
Ames, Iowa

For event information, visit
www.TheMat.com

or call USA Wrestling at 719/598-8181

asics

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Upcoming Events

National (USA Wrestling)

GENERAL INFORMATION

ENTRY: The attached OFFICIAL ENTRY BLANK must be accurately completed and filed at registration. Entry fee for all Body Bar events will be \$30.00 (per event). Please make checks payable to "CaliforniaUSA Wrestling."

INDIVIDUAL AWARDS: In the University division, the top four (4) place winners will be awarded attractive wooden plaques and the 5th & 6th place winners will receive medals (in each weight class). In the FILA Cadet and FILA Junior divisions, the top three (3) place winners will be awarded attractive wooden plaques and place winners 4-6 will receive medals (in each weight class). Medals will be awarded to the top four (4) place winners in each weight class in the Girls divisions. Most Falls and Outstanding Wrestler Awards in the FILA Cadet, FILA Junior and University divisions.

TEAM AWARDS: Attractive wooden plaques to the top two team winners in the FILA University Division. Only USA Wrestling Member Clubs are eligible to enter team rosters. Each club/team must submit a \$75.00 entry fee per team per style along with team/club roster at registration. Points are scored 6-5-4-3-2-1 for the top six (6) place winners at each weight class.

RULES: For the University, FILA Cadet and Girls divisions, the 2004 rules of FILA, with USA Wrestling modifications where applicable, will govern the event and the competition. For the FILA Junior division, the new/revised rules of FILA will be implemented, with the exception of tournament pairing (see Pairings below).

UNIFORMS: Red and blue collegiate/girl's singlets, or red/blue reversible collegiate/girl's singlet with undershorts required. A sleeveless sport top is to be worn under the singlet (no t-shirts).

PAIRINGS: Blind draw by contestants at registration. Separation of wrestlers from the same state. For the University and FILA Junior divisions, separation of wrestlers from the same club. The two pool system will be employed in all divisions with six or more entrants in any given weight class.

COACHING: Floor pass required. Coaches floor passes will only be issued to those individuals with a current USAW Coach's Membership Card and who are a minimum USAW NCEP Copper certified. Coach's Membership Cards should be obtained from your state office prior to the event. Two certified coaches max. in each competitor's corner. To videotape any match at matside, the operator must be one of the two certified coaches in the corner. Only coaches with a current USAW Coach's Membership Card AND who are USAW NCEP certified are entitled to free admission.

MEDICAL INFORMATION: Athletes must be present in a COMPETITION SINGLET and must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

WEIGH-INS: Athletes must weigh in during the OFFICIAL weigh-in for each style registered. All wrestler's must be dressed in a competition singlet for weigh-ins and no weight allowance is given for the singlet.

FILA CADET: This event is a qualifier for an international tour to Golz, Austria, June 6-13, 2005. All participants in this event are eligible for the tour. USA Wrestling will partially subsidize the tour for the FILA Cadet National Champion. Individuals interested in this tour MUST contact Wade Genova of World Sports Alliance (719/255-6005 or wade@wrestlingtours.com) by April 22, 2005.

FILA JUNIOR: The Champion of each weight class, if eligible, will be the United States' representative to the FILA Junior World Championships to be held July 5-10, 2005 in Vilnius, Lithuania. Athletes choosing to compete at the World Championships will be expected to attend a Training Camp at the University of Northern Michigan, June 20-30, 2005. If the Champion is not eligible, desires not to participate in the World Championships, or becomes ineligible at a later date, the second place finisher, if eligible, shall have the option to train for and compete in the World Championships. This process shall continue through the rest of the place winners to determine a representative for the World Team per weight class. Any non-FILA weight classes contested at the Body Bar Women's National Championships shall not be eligible for World Team selection.

FILA Cadet qualifiers will receive information regarding the international tour and FILA Junior Champions will receive information regarding the FILA Junior World Championships from USA Wrestling's National Team Coaches upon the completion of the event.

ELIGIBILITY

ELIGIBILITY: All contestants must present proof of current USA Wrestling Membership Card at registration. Membership Cards should be acquired from the State Chairperson or State Membership Director of the contestant's state of residence, but will be available for purchase at registration at a cost of \$30. Secondary sports accident insurance is provided as a benefit of membership. No pre-qualification required.

Girls' Freestyle Nationals (Grades 3-6): Girls currently enrolled in grades 3-6.

Girls' Freestyle Nationals (Grades 7-8): Girls currently enrolled in grades 7-8.

FILA Cadet Division: Born 1988-1989; Wrestlers born in 1990 may compete with a written statement from a medical officer attesting the athlete is of sufficient physical and emotional maturity to compete at this level.

FILA Junior Division: Born 1965-1967; Wrestlers born in 1968 may compete with a written statement from a medical officer attesting the athlete is of sufficient physical and emotional maturity to compete at this level. *****This division is open only to U.S. citizens eligible to represent the USA at 2005 World-level competitions. Athlete must be a U.S. citizen prior to the start of this event.**

University Division: Born 1981-1987; Wrestler's class must have graduated from high school.

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Upcoming Events

National (USA Wrestling)

AGE GROUPS & WEIGHT CLASSES

Girls' Freestyle Nationals (Grades 3-6): Weight classes to be determined after weigh-ins using blocked weight system within 12% of each competitors body weight. *Three-year maximum age difference.*

Girls' Freestyle Nationals (Grades 7-8): Weight classes to be determined after weigh-ins using blocked weight system within 12% of each competitors body weight.

Women's FILA Cadet: 36-38 kg/79.25-83.75 lbs., 40 kg/88 lbs., 43 kg/94.75 lbs., 46 kg/101.25 lbs., 49 kg/108 lbs., 52 kg/114.5 lbs., 56 kg/123.25 lbs., 60 kg/132.25 lbs., 65 kg/143.25 lbs., 70 kg/154.25 lbs., ***78 kg/170 lbs., ***84 kg/185 lbs., ***100 kg/220 lbs.

Women's FILA Junior: 40-44 kg/88-97 lbs., 48 kg/105.75 lbs., 51 kg/112.25 lbs., 55 kg/121.25 lbs., 59 kg/130 lbs., 63 kg/138.75lbs., 67 kg/147.5 lbs., 72 kg/158.5 lbs., ***79.5 kg/175 lbs.

Women's University: 48 kg/105.5 lbs., 51 kg/112lbs., 55 kg/121 lbs., 59 kg/130 lbs., 63 kg/138.5 lbs., 67 kg/147.5 lbs., 72 kg/158.5 lbs., 77 kg/169.5 lbs.

***Not a FILA World contested weight class

ACCOMMODATIONS

When making reservations, be sure to ask for the Body Bar Nationals discounted tournament rate.

Quality Inn

Rate: \$59.99 - 83.99 + tax

Phone: 800/588-1775

Contact: Alex or Sara (Sales Department)

1250 El Cajon Blvd.

El Cajon, CA 92020

Comfort Inn

Rate: \$50 - 59 + tax

Phone: 619/698-7747 ext. 134

8000 Parkway Drive

La Mesa, CA 91942

Ramada Limited

Rate: \$49 + tax

Phone: 800/237-7812

7911 University Avenue

La Mesa, CA 91941

USA WRESTLING 2005 BODY BAR WOMEN'S NATIONALS ENTRY FORM

-PLEASE PRINT CLEARLY-

Name _____

USAW Card # _____

Address _____

City _____

State _____ Zip _____

Phone _____ Birthdate _____

E-mail _____

Weight Class _____

School/Club _____

Please check the the age-group(s) you plan on participating in.

- GIRLS' FS NATIONALS: Grades 3-6
- GIRLS' FS NATIONALS: Grades 7-8
- WOMEN'S FILA CADET (Born 1988-89; 1990 with a medical certificate)
- WOMEN'S FILA JUNIOR (Born 1985-87; 1988 with a medical certificate)
- UNIVERSITY (Born 1981-87; Wrestler's class must have graduated from high school)

CONSENT AND RELEASE

In consideration for the opportunity to participate in the BODY BAR WOMEN'S NATIONAL CHAMPIONSHIPS (the "Event") the undersigned and his/her parent or guardian, if applicable ("Competitor") hereby acknowledges that the "Event", and related activities and performances, may be televised live and/or videotaped for broadcast, cablecast, home video entertainment and/or any other use or distribution (collectively, "Dissemination") in a manner not inconsistent with applicable rules of The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc. ("USAW") and/or the Fédération Internationale des Luttes Associees ("FILA") and hereby consents that USAW, for purposes of USAW's athletics/sports programs and related events and activities, and any television network, production company or any other parties with which USAW has agreements for such purposes, and/or their licensees,

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Upcoming Events

National (USA Wrestling)

ASSUMPTION OF RISK, CODE OF CONDUCT, WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION FOR the opportunity to participate in the EVENT described below, PARTICIPANT acknowledges, agrees and affirms the following:

- The following words used in this document will have the meaning indicated:
 - "EVENT" shall mean the BODY BAR WOMEN'S NATIONAL CHAMPIONSHIPS.
 - "USAW" shall mean The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc., and its directors, officers, members, employees, officials, committees, clubs, affiliates, agents and their successors and assignees.
 - "EVENT ORGANIZER" shall mean a club, local organizing committee or any other person or entity responsible for hosting, conducting, and/or sponsoring the EVENT, including any director, officer, member, official, committee or agent thereof and their successors and assignees.
 - "PARTICIPANT" shall mean the undersigned individual who competes or is involved in the EVENT and his/her parents, legal guardians, heirs, personal representatives and their successors and assignees.
 - "PERSONAL INJURY" shall mean and include any bodily injury; permanent, temporary, total or partial disability; paralysis; dismemberment; or death.
 - "PROPERTY DAMAGE" shall mean and include damage or destruction to PARTICIPANT'S gear, equipment and all other personal property or belongings.
 - "MEDICAL TREATMENT" shall mean and include all emergency medical treatment, medical procedures, hospitalization or other care rendered to PARTICIPANT in connection with or resulting from his/her participation in EVENT.
 - "LOSS" shall mean and include any and all liabilities, losses, damages and claims (including reasonable costs and attorneys' fees), which are suffered or result directly or indirectly from PERSONAL INJURY, PROPERTY DAMAGE and/or MEDICAL TREATMENT to PARTICIPANT, or others, and which are incurred during or in the course of PARTICIPANT'S preparation for, participation and involvement in, and travel to or from the EVENT or the conduct and management of the EVENT.
 - By issuing a sanction for the EVENT, USAW is not responsible or liable for the management or conduct of the EVENT, unless USAW has otherwise expressly agreed in writing to serve in such role.
 - PARTICIPANT understands and appreciates the risks of serious injury that may occur in the sport of wrestling or in the course of preparing for, participating in and traveling to or from the EVENT, and that such activities may involve risks, including PERSONAL INJURY.
 - PARTICIPANT knowingly and voluntarily assumes all such risks of LOSS and all legal and financial responsibility therefore.
 - USA Wrestling (USAW) is committed to providing a safe environment for its members, participants, coaches, officials and volunteers and to prevent abusive conduct and harassment in any form while participating in the activities of USAW. USAW promotes good sportsmanship throughout the organization and encourages qualities of mutual respect, courtesy and tolerance in all members, participants, coaches, officials, staff and volunteers. USAW advocates building strong self-images among participants. Athletes with a strong self-image may be less likely targets for abuse or harassment; similarly, they may be less likely to engage in abuse or to harass or bully others around them.
- To this end, USAW has established the following guidelines of behavior. All members of the organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.
- Harassment and abuse are defined in various sources such as state law, case law, sports organization and professional association codes of conduct and training manuals, corporate and business workplace documents and human rights commission materials. USAW has not adopted any specific definition of harassment or abuse, choosing instead to defer to such general sources and definitions for reference and application, depending on the circumstances. As further elaboration of examples given above, the following generally describe conduct that may be considered harassment or abuse:**
- Any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, ethnicity, national origin, religion, age, gender, sexual orientation, disability or other personal characteristic.
 - Creating an environment through behavior or course of conduct that is insulting, intimidating, humiliating, demeaning or offensive.
 - Harassment usually occurs when one person engages in abusive behavior or asserts unwarranted power or authority over another, whether intended or not, and may include, for example,

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Upcoming Events

National (USA Wrestling)

name-calling, threats, belittling, unwelcome advances and requests for sexual favors (as well as undue pressure to perform or succeed).

- Harassment includes child abuse.

- Child abuse can include physical contact – or the threat of it – that intentionally causes bodily harm or injury to a child. This may include, for example, hitting, shaking, kicking, shoving, forcing an athlete to wrestle when injured or mandating excessive exercise as a form of punishment. It may also include touching for the purpose of causing sexual arousal or gratification that involves a child, rape, incest, fondling, exhibitionism and sexual exploitation. It may also include chronic attacks on a child's self-esteem, such as psychologically destructive behavior consisting of ridiculing, screaming, swearing, racist comments, threatening, stalking, hazing and isolating.

6. PARTICIPANT releases, waives any claims and promises not to sue the EVENT ORGANIZER and/or USAW with respect to any LOSS incurred during or in connection with his/her participation in the EVENT, any activities associated with the EVENT and the conduct and management of the EVENT (including as may result from the negligence of the EVENT ORGANIZER), except any LOSS which is the result of gross negligence and/or willful or wanton misconduct by the EVENT ORGANIZER. PARTICIPANT further agrees to hold harmless and indemnify the EVENT ORGANIZER and/or USAW from any claims brought against the EVENT ORGANIZER and/or USAW resulting from, arising out of or in any way associated with any LOSS.

7. Prior to participating in the EVENT, PARTICIPANT shall have the right to inspect the facilities and equipment to be used and, if PARTICIPANT discovers any condition which he/she reasonably believes to be unsafe, PARTICIPANT will immediately cause EVENT officials to be notified of such condition and will not participate in the EVENT so long as such condition exists.

**BY SIGNING THIS DOCUMENT, PARTICIPANT
ACKNOWLEDGES HAVING READ AND UNDERSTOOD ITS
MEANING AND CONTENTS.**

Print Name of Competitor

Signature of Competitor

Date

Signature of Parent or Guardian

Date

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Upcoming Events

International Senior and Cadet

7th Volksbank Austrian Ladies Open – 10th – 12th of June 2005

FILA-TEST-TOURNAMENT

ACCOMMODATION, FOOD AND TRANSPORT

The organization Committee will ensure accommodation for wrestlers and other officials in Hotel Dorfpark; 6840 Götzis, Im Buch 1.; Tel. ++43/5523/55250 or other hotels for a price of € 110.- from Friday, 10th of June (beginning with lunch) to Sunday, 12th of June 2005 (including breakfast)

The organization Committee will ensure local transport from the railway station of St. MARGARETHEN (CH) or Lindau (GER) and from the railway-station of Götzis.

Best and nearest airports: Zürich or München or Frankfurt/Friedrichshafen (Vienna is too far away!)

ACCREDITATION

Accreditation will be only in Hotel Dorfpark, where you have to go first just after arriving. After the accreditation and paying the fee of € 110,00 per person, you will get the information, where you stay during the tournament. You will get the key for your hotel room. Our Event-Team will also be prepared for accreditation on Thursday in Hotel Dorfpark.

DATES AND PLACE

The tournament will take place from 10th to 12th of June 2005. Before and after the tournament we will organize an international trainings camp from 5th to 9th and 13th to 17th of June 2005.

The tournament will take place in the SPORTHALLE DER HAUPTSCHULE Götzis

PARTICIPATIONS

The organisation committee invited next delegations: BUL; CZE, CAN; ESP; FRA, FIN, GBR, GER; ITA, JPN, NOR, SUI, SWE, POL, USA, TUN, RUS, UKR, MEX, Canary Islands and some other countries.

Each delegation will get special information with the participants and the persons totally, which will be accepted.

TECHNICAL ORGANISATION

The competition will take place in the following weight categories

Seniors: 48kg; 51 kg; 55 kg; 59kg; 63 kg; 67 kg; 72 kg – No TOLERANCE

Cadets: 43kg; 46kg; 49kg; 52kg; 56kg; 60kg; 65kg; 65kg-70kg. Tolerance: 1 kg

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Upcoming Events

International Senior and Cadet

7th Volksbank Austrian Ladies Open – 10th – 12th of June 2005

PROGRAM OF COMPETITION

FRIDAY, 10th of June	13:00 – 14:00	Medical Control
	14:00 – 14:30	Weigh-In
	16:00 – 19:00	1st Round all categories
	19:00 – 19:30	OPENING CEREMONY
	19:30 – 21.00	2nd Round – some categories
	21:30	Diner
SATURDAY, 11th of June	08.00 - 08.45	MEETING FOR REFEREES
	09.00 - 12.00	2nd and 3rd Round – all categories
	15.00 - 18.00	QUARTER AND SEMIFINALS
	18:30	FINALS - Awarding Ceremonies
	21:00	BANQUET
SUNDAY, 12th of June	09.00 Breakfast	
And DEPARTURE OF DELEGATIONS		

International Trainings camp starts at Monday, 6th and 13th of June 2005 at 10:00 in the morning in Ringsportzentrum West!

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State Contact Information - Chair Persons

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Alaska

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559-275-9478
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402-573-9436
www.geocities.com/colosseum/stadium/7822

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908-766-6828
www.usawnj.org

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USA Wrestling Information

National Coaching Staff

Mitch Hull

National Teams Director

Hull has been the National Team's Director for USA Wrestling since June 1992. He coordinates and supervises all aspects of USA Wrestling's International Programs. During his tenure, the USA won the World team Title in freestyle wrestling in 1993 and 1995, and the Women's World Championships in 1999. The U.S. won the most medals of any nation in wrestling at the 1996 Olympics.

Terry Steiner

National Women's Coach

Terry Steiner joined USA Wrestling as the National Women's Coach in August 2002. He serves as the full-time professional coach working with the National Women's Wrestling Program. Steiner won a gold medal in the 1996 Pan-Am Championships at 68 kg. Steiner won the NCAA Championship for Iowa in 1993. He was also voted "Outstanding Wrestler" of the 1993 NCAA Championships.

Tom Tomeo

National Women's Development / Resident Coach

Dave Bennett

National Developmental Coach

Jaimie Millward

National Teams Assistant

Shannyn J. Gillespie

USOEC / UMC Coach

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USA Wrestling Information

Women's Program Outlook

To All Women Wrestlers:

Our Goals are Clear...to become the best Women's Wrestling Country/Team in the World!

Summer 2004 is the inaugural year for Women's Wrestling in the Olympics. This has jump-started women's wrestling around the world as many countries want to be crowned Olympic Team Champions in Women's Wrestling.

We have had success in the past. Names like Trish Saunders, Afsoon Johnston, Stephanie Murata, Shannon Williams, and Sandy Bacher have been the trailblazers for the sport in the USA and around the world. In 1999, the USA won the World Team Title. In 2003 we have established ourselves as a team on the rise. At the first ever Pan American Games for women's wrestling in Santa Domingo, we crowned 4 champions in 4 weight classes, a sweep. At the 2003 World Championships, we were the first team in the history of the sport to medal in all 7 weight classes and Kristie Marano was once again World Champion. To put a punctuation on the year, we shocked the women's wrestling world by winning the World Cup in Tokyo, Japan.

Yes... Our Women's Wrestling Program is on its way toward excellence in the sport. We are not there yet but with a sustained effort to create more opportunities and more young women joining wrestling in the USA, we will get there.

I encourage you to think about becoming one of our premier female wrestlers. We are continually creating more opportunities, programs and resources that can assist you in your quest of becoming our country's best in the sport of Women's Wrestling. Take the challenge...become one of our future World and Olympic Heroes.

Please take some time to look over the materials and find out the opportunities in front of you. Always feel free to give us a call. Carry On! "Follow Your Dreams"

Terry Steiner
Women's National Coach
USA Wrestling

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USA Wrestling Information

Women's Program National

1. To establish the United States Women's Program and Team as the best in the world
2. To win the Olympic Team Title in Athens 2004
3. To win the World Championship Team Title by 2005
4. To win the JR World Championship Team Title by 2006
5. Increase the number of women's wrestling opportunities at the grassroots, high school and college level to a level comparable to the men.
6. Change the attitude or the stigma that hangs over women's wrestling to a more positive growing attitude
7. Increase the number of women's coaches in the U.S. to the tens of thousands
8. Increase the number of women athletes in the U.S. to the hundreds of thousands
9. Continually improve the Olympic Training Center Resident Program in Colorado Springs
10. Continually grow the number of Women's Resident Programs supported by the USOC

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USA Wrestling Information

Coaching Resources

To acquire any of these materials, Tom Tomeo, Women's Development/Resident Coach at USA Wrestling. Some materials may require a minimum cost.

RULE BOOK – Every coach and athlete should have a rulebook.

WOMEN'S WRESTLING TECHNIQUE VIDEO – contact Terry Steiner or Tom Tomeo

FREESTYLE TECHNIQUE VIDEO – A freestyle technique video for wrestlers of any age.

WORLD CHAMPIONSHIP VIDEO – Footage from the last year's world championships – available on cassette or DVD.

THE PALESTRA – PART OF USA WRESTLING'S MEMBERS ONLY WEBSITE – You can search for specific techniques on the internet and view and download video from an extensive data base.

THE 2003 FOLKSTYLE WRESTLING COACHES PACKET – A valuable coaching aid, in conjunction with four instructional videos, offers coaches an outstanding educational resource.

NATIONAL COACHES EDUCATION PROGRAM – The National Coaches Education Program is a four-tiered certifying agent for coaches in USA wrestling. The NCEP offers numerous educational resources for coaches. In addition, to coach at USA wrestling sanctioned events coaches must be certified. Please contact, Ted Witulski, NCEP manager, at twitulski@usawrestling.org for more information.

TERRY STEINER'S WOMENS EMAIL RESOURCES LIST – See Communication Page.

COACHES STUDY PROGRAM – We currently have one program a year scheduled in the fall. It is available to any women's coach that is interested in developing their coaching skills. The 4 day program takes place at the U.S. Olympic training center in Colorado springs, co. See how we train the U.S. women's national team while attending workshops on such topics as mental toughness training, strength training, nutrition, mental skills. Cost includes room and board.

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USA Wrestling Information

Competition Opportunities

STATE AND LOCAL EVENTS

Contact your USA Wrestling State Association for details on the many State and Local events available. You can contact the USA Wrestling National Office for state phone Association contact information.

NATIONAL AND REGIONAL EVENTS

Check out www.themat.com and www.usawrestling.org or the Women's Wrestling Newsletter for the National AND Regional events schedule. USA Wrestling offers numerous women's competitions.

FILA INTERNATIONAL EVENTS

There are typically three international open events held in the United States each year, which any senior level athlete is eligible to compete. They are: The Sunkist International, The NYAC Open, and The Dave Schultz International Open. Contact The National Women's Coaching Staff to find out more about these and other international opportunities.

TOUR DU MONDE

Every year, USA Wrestling supports training and competition trips to other countries. You can take advantage of the organized trips and wrestle internationally. Contact the National Women's Staff to find out more.

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USA Wrestling Information

Training Opportunities and

You may be eligible to participate in these outstanding training programs. Check them out, and contact Terry Steiner, Women's National Coach or Kristie Marano, Women's Program Assistant for more information on any of these opportunities.

SENIOR RESIDENT PROGRAM – OTC, Colorado Springs, CO

The Resident Program at the United States Olympic Training Center in Colorado Springs, Colorado is open to Qualified Senior and University Level athletes. Residents receive room and board and training benefits. This is a year long program.

UNIVERSITY RESIDENT PROGRAM – USOEC, Northern Michigan University

The Resident Program at the United States Olympic Education Center in Marquette, Michigan will be open to qualified college undergraduates that have the desire to be the best Woman wrestler in the world while earning their college degree. Full Scholarships will be available to qualified wrestlers (ages 18-24). This is a year long program. We are looking at opening this program in September of 2004.

FUTURE FREESTYLE PROGRAM

USA Wrestling's top ranked FILA Cadet, Junior, FILA Junior, and University wrestlers can train with our Senior Women's Resident Team. In these one week camps, special coaching attention will be given to each participant.

TRAINING SPECIAL PROGRAM

Any ranked Woman Wrestler may inquire about living and training at the Olympic Training Center (OTC) in Colorado Springs for a short term period of time (1-4 weeks) outside of national camps and programs.

COACHES COLLEGE

See "Coaching Resources" Section

DEVELOPMENTAL TRAINING CAMP

We currently hold the "Women's Future Olympian Camp" held in Colorado Springs, CO every summer.

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USA Wrestling Information

Training Opportunities and

ADDITIONAL WOMEN'S WRESTLING TRAINING SITES

Many locations offer opportunities for female wrestlers:

States with current Jr National Training Camps are: Texas, Hawaii, Minnesota, Kansas, New York, Pennsylvania, California, Colorado.

Colleges/Universities with Women's Programs: Cumberland College – Kentucky, University of Minnesota-Morris – Morris, MN, Missouri Valley College-Missouri, Menlo College- N. California, Pacific University – Oregon, Lassen Community College – N. California, MacMillan University – Jacksonville, IL

Colleges with clubs or women's opportunities: Stanford, Cal-State Bakersfield, Harvard, Princeton, Lock-Haven,

DEFINITION OF "RANKED" (OR FUNDED ACCESS):

Wrestlers must meet at least one of the following criteria within an eighteen month period in order to be considered Ranked or Funded Access:

- 1) Top 10 at the Olympic Weights, top 7 at the non-Olympic weights – Senior Nationals
- 2) Top 7 at the Olympic Weights, top 5 at the non-Olympic weights – University Nationals (17-24)
- 3) Top 6 at the Olympic Weights, top 4 at the non-Olympic weights – FILA Junior (17-20)
- 4) Top 6 per weight class – High School Nationals
- 5) Top 6 per weight class – Jr Nationals (9-12 Grade)
- 6) Top 5 per weight class – FILA Cadets (15-17)

Contact Terry Steiner Or Tom Tomeo with Questions

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USA Wrestling Information

Fund Access

YOU HAVE GAINED FUNDED ACCESS?!

What does **FUNDED ACCESS** really mean? Funded Access is a term, used to describe earned access to the United States Olympic Training Center based on performance goals attained at certain national events set by USA Wrestling. If you have gained funded access for your performance you have earned the right to stay and train at the United States Olympic Training Center (USOTC) in Colorado Springs. All of your room and board will be taken care of free of charge.

The following are competitions and performance criteria needed to attain funded access:

- | | |
|-------------------------------------|---------------------------------------|
| 1. US OPEN SENIOR NATIONALS | Top 10 Olympic Wts, Top 7 Non-Olympic |
| 2. SENIOR LEVEL WORLD CHAMPIONSHIPS | All US Athletes Qualify |
| 3. UNIVERSITY NATIONALS | Top 7 Olympic Wts, Top 5 Non-Olympic |
| 4. FILA JR NATIONALS | Top 6 Olympic Wts, Top 4 Non-Olympic |
| 5. FILA JR WORLD CHAMPIONSHIPS | All US Athletes Qualify |
| 6. FILA CADET NATIONALS | Top 5 All Weights |
| 7. FILA CADET WORLD CHAMPIONSHIPS | All US Athletes Qualify |
| 8. US JR NATIONALS | Top 6 All Weights |

To take advantage of your Funded Access privilege, all arrangements must be set up through Women's National Coach, Terry Steiner. I can be reached at (719) 598-8181 Ext 681, or email me at: steiner@usawrestling.org All arrangements must be made 4-6 weeks in advance of your anticipated stay. Arrangements are based on space availability at the Olympic Training Center (OTC).

I encourage you to take advantage of this opportunity. It is a great way for you to use the resources available to you at the Olympic Training Center.

Carry On!

Terry Steiner
Women's National Coach – USA Wrestling

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USA Wrestling Information

Communication System

The Women's National Coaching Staff strives to communicate with the women's wrestling community through various methods. You can access any of these modes:

INTERNET – www.themat.com and www.usawrestling.org are two websites hosted by USA Wrestling. Themat.com is the most trafficked website for real wrestling.

USA WRESTLER – The national newspaper from USA Wrestling. Every member of USA Wrestling receives the national newspaper, produced 6 times a year and reports on all levels of amateur wrestling.

WOMEN'S EMAIL NEWSLETTER – Coach Steiner will provide you, via email, competition information, training camp information, articles and training tips on an on-going basis. To be added to Coach Steiner's list, just email him, state if you are an athlete or a coach and request that you be added to the e-mail list.

USA WRESTLING NATIONAL WOMEN'S COACHING STAFF

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USA Wrestling's website: www.themat.com

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Results

International Events

Ivan Yarygin Memorial Tournament

1/28/2005

Krasnoyarsk, Russia

Entered by Russian Wrestling Federation

Team Scoring

Results By Weight

Provided by Russian Wrestling Federation web page

<http://www.wrestrus.ru>

48 kg/105.5 lbs.

Gold – Makiko Sakamoto (Japan)

Silver – Lola Huruniva (Russia)

Bronze – Anastacia Coltun (Russia)

Bronze – Larisa Oorjack (Russia)

5th – Luly Cascaracova (Russia)

5th – Ekatherine Evdokimova (Russia)

7th – Cler Priesto (France)

8th – Baasanjargol Dajdavaa (Mongolia)

9th – Mary Markevich (Belarus)

10th – Otgonmargol Nashurt (Mongolia)

Gold medal

Sakamoto Makiko (Japan) - Urunova Lola (Russia) - touche in the first period

Bronze medals)

Koltun Anastasia (Russia) - Evdokimova Catherine (Russia) - touche in the second period

Oorjak Lora (Russia) - Kaskarakova Lily (Russia) - 2:0 (1:0 - clinch, 1:1 -for referees' decision)

Semi-final

Urunova Lola (Russia) - Koltun Anastasia (Russia) - 2:1

Sakamoto Makiko (Japan) - Oorzhak Lorisa (Russia) - 2:1

Elimination

Urunova Lola (Russia) - Evdokimova Ekaterina (Russia) - 2:0

Pristo Cler (France) - Grosheva Natalie (Russia) - 2:0

Dazhdavaa Baasanzhargol (Mongolia) - Markevitch Marina (Belorussia) - 2:0

Oorzhak Lorisa (Russia) - Woody Nicole (USA) - touche

Kaskarakova Lilya (Russia) - Tsogtbazar Anhisargal (Mongolia) - 2:0

Sakamoto Makiko (Japan) - Nyashurt Otgonmargol (Mongolia) - 2:0

51 kg/112.25 lbs.

Gold – Khitomy Skamoto (Japan)

Silver – Gandogar Yura (Mongolia)

Bronze – Brigitte Vagner (Germany)

Bronze – Natalya Illyna (Russia)

5th – Vanessa Bubriem (France)

5th – Zamira Rakhmatova (Russia)

7th – Natalya Smirnova (Russia)

8th – Stefanie Murata (USA)

9th – Catherine-Anna Delany (France)

10th – Alena Adashinskaya (Russia)

Gold Medal

Sakamoto Hitomy (Japan) - Yura Gandolgor (Mongolia) - touche in the second period

Bronze Medals

Ilyina Natalie (Russia) - Rahmanova Zamira (Russia) - 2:0 (1:0 - clinch, 4:2).

Vagner Brigitte (Germany) - Bubriem Vanessa (France) - 2:0 (2:1, 2:0).

Semi-final

Yura Gandolgor (Mongolia) - Ilyina Natalie (Russia)

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Results

International Events

sia) - 2:0

Sakamoto Hitomy (Japan) - Vagner Brigitte (Germany) - 2:1

Elimination

Yura Gandolgor (Mongolia) - Rahmanova Zamira (Russia) - 2:1

Vagner Brigitte (Germany) - Orshitch Olga (Russia) - 2:0

Smirnova Natalie (Russia) - Delany Anna-Catrine (France) - 2:0

Sakamoto Hitomy (Japan) - Murata Stephanie (USA) - touche

Bubriem Vanessa (France) - Adashinskaya Aliona (Russia) - touche

Vagner Brigitte (Germany) - Smirnova Natalie (Russia) - 2:0

Sakamoto Hitomy (Japan) - Bubriem Vanessa (France) - 2:1

Vanessa Bubriem (France) - Murata Stephanie (USA) - 2:1

55 kg/121 lbs.

Gold – Natalya Gholc (Russia)

Silver – Natalya Ivashko (Russia)

Bronze – Jessica Behtel (Germany)

Bronze – Ninacko Hattory (Japan)

5th – Olga Smymova (Russia)

5th – Helen Malyshko (Ukraine)

7th – Lilya Polovko (Ukraine)

8th – Otgonlargol Naidan (Mongolia)

9th – Gulet Villon (France)

10th – Mary Yegorova (Belarus)

Gold Medal

Golts Natalia (Russia) - Ivashko Natalia (Russia) - touche in the second period

Bronze medals

Bekhtel Jessica (Germany) - Smirnova Olga (Russia) - + : - (injury)

Hattori Ninako (Japan) - Malyshko Helen (Ukraine) - 2:0 (1:0, 1:0)

Repechage results

Malyshko Helen (Ukraine) - Koryakina Eugenia (Russia) - 2:0 (1:0, 2:0)

Hattori Ninako (Japan) - Malyshko Helen (Ukraine) - 2:0 (1:0, 1:0)

Semifinals

Ivashko Natalia (Russia) - Bekhtel Jessica (Germany) 2:0 (3:0, 1:0)

Golc Natalia (Russia) - Hattori Ninako (Japan) - 2:0 (1:0-clinch, 1:0-clinch)

Quarterfinals

Ivashko Natalia (Russia) - Smirnova Olga (Russia) - touche in the second period

Bekhtel Jessica (Germany) - Najdan Otgondgargol (Mongolia) - 2:1 (1:0, 0:1, 1:0)

Golts Natalia (Russia) - Malyshko Helen (Ukraine) - 2:0 (1:0, 5:0)

Hattori Ninako (Japan) - Polovko Lilya (Ukraine) - touche in the first period

Elimination matches

Smirnova Olga (Russia) - Egorova Mary (Belarus) - 2:0 (2:0, 6:0)

Bekhtel Jessica (Germany) - Lebon Helen (France) - 2:0 (1:0-clinch, 1:0-clinch)

Najdan Otgondgargol (Mongolia) - Dymbaev Miryert (Kazakhstan) - touche in the second period

Golts Natalia (Russia) - Koryakina Eugenia (Russia) - 2:0 (3:0, 1:0)

Malyshko Helen (Ukraine) - Villon Juliet (France) - 2:0 (2:2, 4:0)

Hattori Ninako (Japan) - Demmel Alexandra (Ger-

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Results

International Events

many) - 2:0 (1:0, 1:0)

Polovko Lilya (Ukraine) - Konovalova Natalia (Kazakhstan) - 2:0 (6:0, 4:0)

59 kg/130 lbs.

Gold – Sally Roberts (USA)

Silver – Helen Shalygina (Russia)

Bronze – Victory Zaghainova (Russia)

Bronze – Yevgenia Perepelkina (Russia)

5th – Saury Vatachabe (Japan)

5th – July Ratkevich (Belarus)

7th – Odry Bokashvilly Prietto (France)

8th – Napuca Kahaeba (Russia)

9th – Mary Kolobayeva (Russia)

10th – Hacumi Nakanisy (Japan)

Gold Medal

Roberts Sally (USA) - Shalygina Helen (Russia) - 2:0 (2:1, 4:2).

Bronze medals

Zagainova Victoria (Russia) - Vatachabe Saury (Japan) - touche in the first period.

Perepyolkina Eugenia (Russia) - Ratkevich Julia (Belorussia) - 2:1 (1:0, 0:3, 5:0).

Semi-final

Shalygina Helen (Russia) - Vatachabe Saury (Japan) - 2:0

Roberts Sally (USA) - Ratkevich Julia (Belorussia) - 2:0

Elimination

Zagainova Victoria (Russia) - Nakanisy Hacumy (Japan) - touche

Ratkevich Julia (Belorussia) - Boginskaya Ann (Kazakhstan) - touche

Prieto Bokashvili Odri (France) - Kanaeva Lora (Russia) - 2:1

Perepyolkina Eugenia (Russia) - Artykbaeva

Aynur (Uzbekistan) - touche

Ratkevich Julia (Belorussia) - Prieto Bokashvili

Odri (France) - 2:0

Roberts Sally (USA) - Kolobaeva Marina (Russia) - 2:0

Perepyolkina Eugenia (Russia) - Kolobaeva Marina (Russia) - 2:0

Shalygina Helen (Russia) - Zagainova Victoria (Russia) - 2:1

Roberts Sally (USA) - Perepyolkina Eugenia (Russia) - 2:1

63 kg/138.75 lbs.

Gold – Alena Kartashova (Russia)

Silver – Lyubov Volosova (Russia)

Bronze – Maria Smolyakova (Russia)

Bronze – Natalya Kuksina (Russia)

5th – Olga Khilko (Belarus)

5th – Maria Kachina (Russia)

7th – Anna Polovnyova (Russia)

8th – Anna Vasilenko (Ukraine)

9th – Lusine Arustamyan (Russia)

10th – Ekatarina Novitskaya (Russia)

Gold Medal

Kartasheva Aloyna (Russia) - Volosova Lubov (Russia) - 2:0 (2:1, 1:0)

Bronze Medals

Smolyakova Mary (Russia) - Kilos Olga (Byelorussia) - 2:1 (0:1 - clinch, +1:1, 2:0)

Kuksina Natalia (Russia) - Kachina Mary (Russia) - 2:0 (3:0, 1:0)

Repechage results

Khilko Olga (Belorussia) - Vasilenko Anna (Ukraine) - 2:0 (1:0, 1:0)

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International Events

Semifinals

Volosova Lubov (Russia) - Kuksina Natalia (Russia) - 2:0 (5:0, 1:0)

Kartasheva Aloyna (Russia) - Smolyakova Mary (Russia) - touche in the first period

Quarterfinals

Volosova Lubov (Russia) - Kachina Mary (Russia) - 2:0 (5:0, 4:0)

Kuksina Natalia (Russia) - Zherlak Orel (France) - 2:0 (1:0, 1:0-clinch)

Smolyakova Mary (Russia) - Polovneva Anna (Russia) - 2:0 (4:1, 2:1)

Kartasheva Aloyna (Russia) - Vasilenko Anna (Ukraine) - 2:0 (2:0, 4:0)

Elimination matches

Kuksina Natalia (Russia) - Arustamyan Lucine (Russia) - 2:1 (2:0-clinch, 0:1, 1:0)

Vasilenko Anna (Ukraine) - Novitskaya Catherin (Russia) - 2:1 (2:0, 0:1, 2:0)

Kartasheva Aloyna (Russia) - Khilko Olga (Belorussia) - 2:0 (2:1, 1:0)

Smolyakova Mary (Russia) - Chirbat Myagmarsurt (Mongolia) - touche in the third period

Polovneva Anna (Russia) - Bagdanova Nadezhda (Kazakhstan) - 2:0 (7:0, 6:0)

67 kg/147.5 lbs.

Gold – Alena Perepyolkina (Russia)

Silver – Anna Shamova (Russia)

Bronze – Anastaysiya Dezhnyova (Russia)

Bronze – Valeriya Zlatova (Ukraine)

5th – Yulia Bartnovskaya (Russia)

5th – Eugene Ibrayeva (Russia)

7th – Sugavara Mimi (Japan)

8th – Dasha Nazarova (Russia)

9th – Saito Norie (Japan)

10th – Vugar Dalkhogir (Mongolia)

Gold Medal

Perepyolkina Alyona (Russia) - Shamova Anna (Russia) - 2:1 (0:1 - clinch, 1:0, 2:0)

Bronze Medals

Zlatova Valery (Ukraine) - Ibraeva Eugenia (Russia) - 2:0 (1:0 - clinch, 1:0 - clinch).

Dejneva Anastasia (Russia) - Bartnovskaya Julia (Russia) - 2:1 (1:3, 3:0, 1:0 -clinch).

Semi-final

Shamova Anna (Russia) - Zlatova Valery (Russia) - 2:0

Perepyolkina Alyona (Russia) - Dejneva Anastasia (Russia) - 2:1

Elimination

Mimi Sugavara (Japan) - Dalhogir Vugar (Mongolia) - touche

Dejneva Anastasia (Russia) - Norie Sayto (Japan) - 2:1

Perepyolkina Alyona (Russia) - Krutogolova Anna (Kazakhstan) - touche

Bartnovskaya Julia (Russia) - Nazarova Darya (Russia) - 2:0

Zlatova Valery (Ukraine) - Mikhailina Svetlana (Russia) - 2:0

Shamova Anna (Russia) - Ibraeva Eugenia (Russia) - 2:0

Dejneva Anastasia (Russia) - Mimi Sugavara (Japan) - 2:0

Perepyolkina Alyona (Russia) - Bartnovskaya Julia (Russia) - 2:0

Nazarova Darya (Russia) - Norie Sayto (Japan) - + : - (injury)

72 kg/158.5 lbs.

Gold – Anita Shetsle (Germany)

Silver – Svetlana Saenko (Ukraine)

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International Events

Bronze – Svetlana Martynenko (Russia)
Bronze – Alena Starodubtseva (Russia)
5th – Vasilisa Marzalyuk (Belarus)
5th – Eugene Stepovaya (Kyrgyzstan)
7th – Guzel Manyurova (Russia)
8th – Burmaya Ochirbat (Mongolia)

Gold Medal

Schetzler Anyta (Germany) - Saenko Svetlana (Ukraine) - 2:0 (5:0, 1:0)

Bronze medals

Starodubtseva Aloyna (Russia) - Stepovaya Eugenia (Kazakhstan) - touche in the first period
Martynenko Svetlana (Russia) - Marzaluk Vasilisa (Byelorussia) - 2:0 (6:0, 6:0)

Saenko Svetlana (Ukraine) - Starodubtseva Aloyna (Russia) - 2:1 (0:1, 2:0, 4:0)

Schetzler Anyta (Germany) - Martynenko Svetlana (Russia) - 2:0 (1:0, 4:2)

Quarterfinals

Saenko Svetlana (Ukraine) - Stepovaya Eugenia (Kazakhstan) - touche

Starodubtseva Aloyna (Russia) - Ochirbat Burmaya (Mongolia) - 2:0 (3:1, 1:0-clinch)

Schetzler Anyta (Germany) - Marzaluk Vasilisa (Belorussia) - 2:0 (4:0, 6:0)

Martynenko Svetlana (Russia) - Manurova Guzel (Russia) - 2:1 (1:4, 5:2, 5:1)

Dave Schultz Memorial International

2/4/2005

Colorado Springs, Colo.

Entered by John Fuller

Team Scoring

Complete Coverage

1. Canada, 47 pts.
2. New York AC, 25
3. Sunkist Kids, 16

Results By Weight

48 kg/105.5 lbs.

Gold - Carol Huynh (Canada)

Silver - Sara Fulp-Allen (Menlo College)

Bronze - Sadie Kaneda (Missouri Valley College)

Bronze - Guadalupe Perez (Mexico)

5th - Miya Shumel (India)

5th - Kristine Fujikoa (Pacific)

7th - Mary Kelly (New York AC)

8th - Jessica Medina (Cumberland College)

9th - Liz Short (USOEC)

10th - Hajar Ashtiani (Finland)

51 kg/112.25 lbs.

Gold - Lyndsay Belisle (Canada)

Silver - Erica Sharp (Canada)

Bronze - Stephanie Murata (Sunkist Kids)

Bronze - Malinda Ripley (Sunkist Kids)

5th - Debbi Sakai (New York AC)

5th - Elizabeth Torres (Pacific)

7th - Teresa Piotrowski (Canada)

8th - Sara White (Canada)

9th - Neha (India)

10th - Maria Peralta (Spain)

55 kg/121 lbs.

Gold - Tina George (New York AC)

Silver - Brittane Laverdure (Canada)

Bronze - Othella Lucas (New York AC)

Bronze - Sharon Jacobson (USOEC)

5th - Minerva Montero (Spain)

5th - Tina Pihl (Unattached)

7th - Alexandra Demmel (Germany)

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International Events

8th - Andrea Ross (Canada)
9th - Sandy Do (USOEC)
10th - Jessica Bechtel (Germany)

59 kg/130 lbs.

Gold - Sally Roberts (Gator WC)
Silver - Tela O'Donnell (Dave Schultz WC)
Bronze - Breanna Graham (Canada)
Bronze - Astrid Gomez (Missouri Valley)
5th - Leigh Jaynes (New York AC)
5th - Brandy Rosenbrock (USOEC)
7th - Alka Tomar (India)
8th - Suekoilya Shelly (New York AC)
9th - Birgit Stern (Austria)
10th - Amy Dyck (Canada)

63 kg/138.75 lbs.

Gold - Alaina Berube (New York AC)
Silver - Helen Hennick (Canada)
Bronze - Megan Dolan (Canada)
Bronze - Heidi Kulak (Canada)
5th - Na'Tasha Umemoto (Sunkist Kids)
5th - Tara Hedican (Canada)
7th - Kaci Lyle (Sunkist Kids)
8th - Tori Adams (Gator WC)
9th - Maria Mueller (Germany)
10th - Geetika Jakhar (India)

67 kg/147.5 lbs.

Gold - Katie Downing (Sunkist Kids)
Silver - Heather Martin (New York AC)
Bronze - Megan Buydens (Canada)
Bronze - Teresa Mendez (Spain)
5th - Ashley McManus (Canada)
5th - Julia Weiss (Germany)
7th - Ali Bernard (Dave Schultz WC)
8th - Shelly Ruberg (Cumberland College)
9th - Kellie Alexander (Unattached)
10th - Ku'u'ini Johnson (Dave Schultz WC)

72 kg/158.5 lbs.

Gold - Ohenewa Akuffo (Canada)
Silver - Anita Schaetzle (Germany)
Bronze - Randi Miller (Dave Schultz WC)
Bronze - Vanesa Jimenez (Spain)
5th - Laura Conway (MacMurray)
5th - Bamal Poonam (India)
7th - Dacil Lopez (Spain)

Gilbert Schaub Open
2/20/2005
Tourcoing, France

Results By Weight

48 kg/105.5 lbs.

Gold - Iwona Sadowaka (POL)
Silver - Katarzyna Zalewska (POL)
Bronze - Mihaela Radoi (ROM)
Bronze - Sara Fulp-Allen (USA)
5th - Farah Tir (LCT)
5th - Claire Prieto (FRA)
7th - Caroline Lie (NOR)
8th - Silvia Moutavchieva (BUL)
9th - Feten Ghanmi (TUN)
10th - Audrey Poix (LCT)

51 kg/112.25 lbs.

Gold - Brigitte Wagner (GER)
Silver - Vanessa Boubryemm (FRA)
Bronze - Jarka Andriova (CZE)
Bronze - Juliette Willocq (FRA)
5th - Fatima Benfouzari (FRA)
5th - Violeta Simeonova (BUL)
7th - Cilvia Misteli (SUI)
8th - Leika Martinakova (CZE)
9th - Priscilla Defranceschi (FRA)
10th - Giorgiana Paic (ROM)

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International Events

55 kg/121 lbs.

Gold - Sylvia Bilenska (POL)
Silver - Helene Lebon (FRA)
Bronze - Anna Gomis (FRA)
Bronze - Pia Rosenkranz (GER)
5th - Malgorzata Kruza (POL)
5th - Malinda Ripley (USA)
7th - Katharina Peter (GER)
8th - Nadine Tokar (SUI)
9th - Natascha Ballas (GER)
10th - Marie Line Marin (LCT)

59 kg/130 lbs.

Gold - Audrey Prieto (FRA)
Silver - Sandrine Seve (FRA)
Bronze - Anna Zwirydowska (POL)
Bronze - Yvone English (GER)
5th - Gudrun Hoie (NOR)
5th - Kristen Skovmose (NOR)
7th - Cornelia Haas (GER)
8th - Samia Bejaoui (TUN)
9th - N'Tasha Umemoto (USA)
10th - Giorgiana Patrut (ROM)

63 kg/138.75 lbs.

Gold - Viola Yanik (CAN)
Silver - Nadia Moussaoui (FRA)
Bronze - Monika Rogien (POL)
Bronze - Stefenie Shaw (USA)
5th - Mihaela Sadoveanu (ROM)
5th - Soumaya Ben Sassi (TUN)
7th - Martina Zyklova (CZE)
8th - Danielle Taylor (GBR)

67 kg/147.5 lbs.

Gold - Katie Downing (USA)
Silver - Benita Zarzecka (POL)
Bronze - Ana Maria Paic (ROM)
Bronze - Monika Maj (POL)
5th - Lucie Hubiekova (CZE)

5th - Kaouther Chanmi (TUN)

7th - Maya Hristova (BUL)

8th - Sana Chortani (TUN)

72 kg/158.5 lbs.

Gold - Agnieszka Wieszczyk (POL)
Silver - Stanka Zlateva (BUL)
Bronze - Caroline Dos Santos (FRA)
Bronze - Diana Mudrag (ROM)
5th - Kristin Buttner (GER)
5th - Sheherazade Bentorki (FRA)
7th - Mari Diedhiou (SEN)
8th - Nina Sklenkova (CZE)

U.S. RESULTS

48 kg/105.5 lbs. - Sara Fulp-Allen, El Granada, Calif. (Menlo College) - 3rd
WIN Cornelia Willi (Switzerland), 3-0, 7-0
LOSS Iwona Sadowaka (Poland), 0-3, 0-3
WIN Silvia Moutavchieva (Bulgaria), 3-1, 12-4
WIN Claire Prieto (France), 5-0, 9-0

55 kg/121 lbs. - Malinda Ripley, Colorado Springs, Colo. (Sunkist Kids) - 5th
WIN Heia Riabi (Tunisia), 3-0, 3-0
WIN Katharina Peter (Germany), 3-0, 3-0
LOSS Helene Lebon (France), 0-5, 2-6
LOSS Pia Rosenkranz (Germany), 1-3, 3-5

59 kg/130 lbs. - N'Tasha Umemoto, Portland, Ore. (Sunkist Kids) - 9th
LOSS Cornelia Haas (Germany), 0-5, 3-11

63 kg/138.75 lbs. - Stefenie Shaw, Waterford, Conn. (KT Kidz) - 3rd
WIN Danielle Taylor (Great Britain), 5-0, 6-0

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International Events

LOSS Nadia Moussaoui (France), 1-3, 1-2
WIN Soumaya Ben Sassi (Tunisia), 5-0, 3-0

67 kg/147.5 lbs. - Katie Downing, Colorado Springs, Colo. (Sunkist Kids) - 1st
WIN Kaouther Chanmi (Tunisia), 5-0, 7-0
WIN Monika Maj (Poland), 3-0, 2-0
WIN Benita Zarzecka (Poland), 3-1, 7-2

Klippan Ladies Open
3/7/2005
Klippan, Sweden

Team Scoring

1. Germany (66 pts)
2. Canada (62 pts)
3. USA (44 pts)
4. France (43 pts)
5. Sweden (40 pts)
6. Japan (36 pts)
7. Belarus (30 pts)
8. Austria (17 pts)
9. NRW/Germany (10 pts)
10. Arboga/Sweden (7 pts)

Results By Weight

48 kg/105.5 lbs.
Gold medal - Carol Huynh (Canada)
Silver medal - Annika Hofmann (Germany)
Bronze medal - Vanessa Brown (Canada)
Bronze medal - Caitlyn Chase (USA)

51 kg/112 lbs.
Gold medal - Vanessa Boubryemm (France)
Silver medal - Alena Kareisha (Belarus)
Bronze medal - Juliette Wilocq (France)

Bronze medal - Ida Hellström (Sweden)

55 kg/121 lbs.

Gold medal - Tina George (USA)
Silver medal - Mizuho Shibata (Japan)
Bronze medal - Mayumi Umakoshi (Japan)
Bronze medal - Jesica Bechtel (Germany)

59 kg/130 lbs.

Gold medal - Mio Nishimaki (Japan)
Silver medal - Sally Roberts (USA)
Bronze medal - Ida-Therese Karlsson (Sweden)
Bronze medal - Audrey Prieto (France)

63 kg/138.5 lbs.

Gold medal - Helen Hennick (Canada)
Silver medal - Volha Khilko (Belarus)
Bronze medal - Maria Müller (Germany)
Bronze medal - Nikola Hartmann (Austria)

67 kg/147.5 lbs.

Gold medal - Martine Dugreneier (France)
Silver medal - Katie Downing (Canada)
Bronze medal - Sandra Ståhl (Sweden)
Bronze medal - Julia Weiss (Germany)

72 kg/158.5 lbs.

Gold medal - Anita Schätzle (Germany)
Silver medal - Mariana Gastl (Austria)
Bronze medal - Jenny Fransson (Sweden)
Bronze medal - Ohenewa Akuffo (Canada)

U.S. performances

Complete scores not yet available
48 kg/105.5 lbs. - Caitlyn Chase (Bloomingdale, Ill./Gator WC) – Bronze Medal
WIN Tiina Ylinen (Finland)
LOSS Carol Huynh (Canada), pin
WIN Caroline Lie (Norway)
WIN Sigrun Dobner (Germany)

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International Events

51 kg/112.25 lbs. – Nicole Darrow (Pittsfield, Mass.) – 5th Place

WIN Ida Olsson (Sweden), pin

WIN Cathrine Ericson (Sweden)

LOSS Alena Kareisha (Belarus)

LOSS Juliette Willocq (France), 1-0, 1-0

55 kg/121 lbs - Tina George (Colorado Springs, Colo./New York AC) – Gold Medal

WIN Laura Demoury (France)

WIN Maryia Yahorava (Belarus)

WIN Jesica Bechtel (Germany)

WIN Mizuho Shibata (Japan), 4-0, 3-0

59 kg/130 lbs. - Sally Roberts (Colorado Springs, Colo./Gator WC) – Silver Medal

WIN Audrey Prieto (France)

WIN Christiane Knittel (Germany)

WIN Yvonne English (Germany)

WIN Jakeline Renteria Castillo (Colombia)

LOSS Mio Nishimaki (Japan), 2-0, 1-0

63 kg/138.75 lbs – Kaci Lyle (Colorado Springs, Colo./Sunkist Kids) – DNP

LOSS Maria Muller (Germany)

67 kg/147.5 lbs. - Katie Downing (Colorado Springs, Colo./Sunkist Kids) – Silver Medal

WIN Annelie Stahl (Sweden)

WIN Sandra Stahl (Sweden)

LOSS Martine DuGrunier (Canada), 3-0, 4-0

Trophe Milone International

3/12/2005

Naples, Italy

Entered by Gary Abbott

Results By Weight

Champions

48 kg/105.5 lbs. – Lorisa Oorzhak (Russia)

51 kg/112.25 lbs. – Erica Sharp (Canada)

55 kg/121 lbs. – Tina George (United States)

59 kg/130 lbs. – Breanne Graham (Canada)

63 kg/138.75 lbs. – Viola Yanik (Canada)

67 kg/147.5 lbs. – Martine Dugrunier (Canada)

72 kg/158.5 lbs. – Ohenewa Akuffo (Canada)

U.S. performances

48 kg/105.5 lbs. – Liz Short, Lombard, Ill. (USOEC), 7th place

51 kg/112.25 lbs. – Mary Kelly, Mahomet, Ill. (New York AC), 5th place

51 kg/112.25 lbs. – Malinda Ripley, Colorado Springs, Colo. (Sunkist Kids) – Silver medal

55 kg/121 lbs. – Amy Borgnini, Terre Haute, Ind. (USOEC), 8th place

55 kg/121 lbs. – Tina George, Colorado Springs, Colo. (New York AC), Gold Medal

55 kg/121 lbs. – Danyelle Hedin, Honolulu, Hawaii (USOEC), 5th place

59 kg/130 lbs. – Sharon Jacobson, El Cajon, Calif. (USOEC), 9th place

59 kg/130 lbs. – Brandy Rosenbrock, Warren, Mich. (USOEC), 5th place

63 kg/138.75 lbs. – Alaina Berube, Escanaba, Mich. (New York AC), 10th place

67 kg/147.5 lbs. - Stefanie Shaw, Waterford, Conn. (New England Elite), Bronze medal

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International Events

72 kg/158.5 lbs. – Ali Bernard, New Ulm, Minn.
(Rolling Thunder), Bronze medal

72 kg/158.5 lbs. – Donnell Bradley, Aiea, Hawaii
(USOEC), 8th place

72 kg/158.5 lbs. – Randi Miller, Arlington, Texas
(USOEC), 9th place