

"EMBRACE THE GRIND"



ELEMENTARY & MIDDLE SCHOOL NATIONAL DUALS TEAM

Purpose

The Virginia Wrestling Association proudly presents Team Virginia Elementary and Middle School National Duals Teams. These teams will be formed to have the best wrestlers from the state wrestling together on one team to compete and succeed at a high level. In order to maximize participation of wrestlers VAWA will field more teams to compete at these events when there is enough interest and commitment.

Team Philosophy

This team is intended to be a highly competitive team. The focus, as with any team will be to win individual and team matches and succeed at the highest level possible. The team will carry extra wrestlers at various weight classes. Coaches will make final decisions as to which wrestlers compete during each dual. Wrestlers may be asked to move up a weight class during a dual, or they may sit during a dual and another wrestler may wrestle that match based on a coaching decision. No wrestler is guaranteed to get ALL the matches or that he will only wrestle in his weight class. The goal is not to deprive any wrestler of a match but to do what is best for the team. This team is for wrestlers that live in Virginia.

Team Selection

The team will be assembled through an application and selection process. Below there is an application form that every interested wrestler must fill out. It is important that this be filled out very thoroughly, and includes any other information that could be relevant about your wrestler. This application will be sent to Bill Grubbs at vawateamvirginia@gmail.com The number of teams formed for each event will be dependent on the number of applicants for each event.

Once received, applications will be sorted by event, division and weight class. Wrestlers will be ranked in their weight class based on application information. The selection committee will consist of the VAWA Cadet Director, Greco Head Coach, and Freestyle Head Coach. Once all applications have been ranked the selection committee will meet to review the applications. VAWA will invite 4-6 regional representatives to meet with the selection committee. These representatives will be youth coaches and club leaders from around the state that are aware of the wrestlers in their area. These representatives will not be making the final decisions. Together they will review the rankings of the wrestlers and the regional representatives will be given an opportunity to add any additional information they have that will be important to selecting wrestlers to the team. Once reviewed the selection committee will meet privately to make the final selections. All applicants will be notified of final decisions.

In order to participate in what VAWA has designated as the premier events, Holiday Duals, McDonogh Duals, and the SJWA National Duals, middle school wrestlers must commit to 3 of 5 events and elementary wrestler commit to 2 of three events.

Cost

Each event has a slightly different cost structure. The cost per event is \$50-\$75. Once selected each wrestler will be required to send in a non-refundable deposit for the events he wishes to participate in. Each wrestler will also be required to purchase the VAWA uniform package; these details will also be sent out upon selection to the team. No travel expenses are covered in the team fees, parents are responsible for all travel costs.

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2014-2015 Virginia National Teams Elementary and Middle School Schedule

November 8-9 Virginia Beach Nationals Virginia Beach VA Combined Elementary & Middle School

Weight Classes: 50, 57, 60, 64, 70, 76, 82, 89, 96, 103, 110, 117, 125, 135, 145, HWT

November 29th Malvern Duals , Malvern, PA Middle School Event.

Weight Classes: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 152, 175, 235 (2lb weight allowance)

December 11th – 14th Virginia Challenge Holiday Duals, Richmond, VA Elementary & Middle School

Elementary Weight Classes: 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 130, 140 (1lb allowance)

Middle School Weights: 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 175, 230 (1lb al allowance)

December 27th-28th Tyrant Duals Kutztown PA. Elementary & Middle School

Elementary Weight Classes; 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 150

Middle School Weight Classes: 60, 65, 70, 75, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 152, 175, 235

January 24th-25th McDonogh Duals Owings Mills, MD

Weight Classes: : 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 152, 175, 235. Weight allowance: 2lbs.

February 6th-8th SJWA National Duals, Wildwood New Jersey Elementary & Middle School

Elementary Weight Classes: 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 150

Middle School Weight Classes: 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 175, 230

April 4th-5th 5 USAW Folkstyle Nationals Cedar Falls, Iowa Elementary & Middle School

This is an individual tournament. We welcome anyone who wants to participate to come to this tournament. More details about this event will be published at a later date.



Name: _____ Age _____ Grade _____

Address: _____ City _____ State _____ ZipCode _____

Parents Names; _____

Phone Number: _____

Email: _____

List of Events you are interested in with Weigh class & ES/MS _____

Placement in the 2014 VAWA Folkstyle State Tournament _____

Placement in the 2013 VAWA Folkstyle State Tournament _____

Placement in the 2014 VAC Folkstyle State Tournament _____

Placement in the 2013 VAC Folkstyle State Tournament _____

Placement in the Mason Dixon Challenge _____

Placement in the 2014 VAWA Freestyle & Greco Tournament _____

Placement in any USAW Freestyle & Greco Roman Regional tournament _____

Placement in any USAW Kids National Tournament _____

Placement in any other National Tournament _____

Placement in any Notable Tournament in 2014 _____

Participation on previous VA National Teams (Year, Wt & ES or MS) _____

Notable Team VA Events & Records (ie 2012 VAC Holiday duals ES 8-0)

Are you willing to split matches with another wrestler _____

Are you willing to move up or down a weight class/Division to make the team stronger _____

Notable Head to Head Matchups _____

What else should we know? _____