

2015 VAWA Schoolboy Greco-Roman/Freestyle National Duals Team Information Sheet

Version #1 (18FEB15)

Eligibility: Schoolboys (SB) are wrestlers born 2001-2002. SB weight classes are: 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265. No weight allowance.

Event: USAW Schoolboy GR/FS National Duals. USAW annually conducts a GR/FS National Dual event for SB, Cadet and Junior age-groups. Each State USAW association organizes 1-2 teams per event. VAWA is organizing one SB team this year.

Date: 3-7JUN15. Travel time included. See Schedule paragraph below for details.

Location: Warren Central HS, 9500 East 16th Street, Indianapolis, IN. Driving time from: Stafford = 9:20, Springfield = 8:50, Winchester = 7:55, Richmond = 9:30, Charlottesville = 8:20, Roanoke = 7:30, Blacksburg = 6:55.

Team Goal: For the 2015 VAWA SB GR/FS National Duals Team to be highly competitive against all other State teams. Requisite to achieving that end is filling all weight classes with the best GR/FS wrestlers in VA who are also prepared for this exceptional challenge through GR/FS training and competition during the months prior.

Why Participate: This is the toughest SB age-group event in the nation. Because it is a dual format, wrestlers are guaranteed 16-18 matches. Competing in this event is a critical first-step to gaining national visibility which (with continued development and participation in like events) creates future opportunities to train at the U.S. Olympic Training Center, compete on USAW international teams, attend the college of choice, and perhaps secure an athletic scholarship. This event is a tremendous bang-for-the-buck as VAWA funds the majority of the costs.

Cost: Expect the Wrestler Fee to be ~\$400. Team members must be paid-in-full prior to departing VAWA Kids GR/FS State Championship Tournament (hereby referred to as "VAWA GR/FS States") on 16MAY15. Included in that cost is the Team Registration Fee, VAWA Officials Expenses, Hotel, Food & Drinks, Transportation, and Uniform Package. Additionally, wrestlers should bring ~\$30-50 in cash to cover personal expenses for meals during travel, self-purchased snacks, and entertainment. The spectator fee is: \$10.00 per day, or \$35.00 for all-sessions. Children 5 years old and under are free.

Application Requirement: Complete the Application Form (enclosed) and email (1) the form, and (2) a copy of the USAW "Full-Membership" Card to david.l.manville.civ@mail.mil immediately, but **no later than 25APR15**.

Payment Requirement: Mail a Deposit Check of \$200, payable to "VAWA", writing "SB Duals – *Wrestler Name*" in the Memo line, to "Virginia Wrestling Association; ATTN: Steve Coker; 905 Pepper Avenue; Richmond, VA 23226" immediately, **but no later than 25APR15**. The balance (total ~\$400) must be paid-in-full prior to departing VAWA GR/FS States venue. If a wrestler does not make the team, the \$200 Deposit Check will be returned/refunded within one week of VAWA GR/FS States.

Qualification Requirement: Compete in VAWA GR/FS States on 16MAY15 @ Arthur Ash Center, Richmond, VA.

Selection Criteria: Wrestlers earn their spot on the team based upon their placement in the weight class wrestled at VAWA GR/FS States. True-Second matches will be scheduled when appropriate. All team members are expected to compete in both GR and FS at the SB National Duals, thus wrestler placement in both styles at VAWA GR/FS States will be considered in selection decisions. Up to five Alternates may be selected using similar criteria. Any holes in the line-up will be filled by the most expeditious means possible. The possibilities are endless, however, examples of the application of Selection Criteria follow:

- Wrestler A places 1st in GR and 1st in FS in the 91lb weight class. Wrestler A earns the 91lb spot.
- Wrestler B places 1st in GR and 2nd in FS in the 98lb weight class, and Wrestler C places 3rd in GR and 1st in FS in the same weight class. Wrestler B earns the 98lb spot.
- Wrestler D places 1st in GR and 2nd in FS in the 105lb weight class, and Wrestler E places 2nd in GR and 1st in FS in the same weight class. Attempt to bring both. Wrestler D as Primary for GR and Alternate for FS. Wrestler E as Alternate for GR and Primary for FS.

- Wrestler F places 1st in GR and 1nd in FS in the 112lb weight class (earning the 112lb spot), however, declines to be a team member or fails to meet Application and/or Payment Requirements. Wrestler G places 3rd in GR and 3rd in FS in the same weight class, but did not have the opportunity to compete against Wrestler H who placed 2nd in GR and 2nd in FS in the same weight class. True-second matches will be scheduled between Wrestler G and Wrestler H to determine who earns the 112lb spot. Wrestler H is obliged to execute these matches.

Locking-in the Roster: The intent is to lock-in the team roster at VAWA GR/FS States. For each wrestler to secure the spot earned through placement, he must ALSO have submitted an Application Form/copy of USAW "Full-Membership" Card and paid-in-full prior to departing the venue. A VAWA SB National Duals Team Table will be manned at VAWA Folkstyle States, as well as VAWA GR/FS States. SB wrestlers will be required to check-in to the table prior to weighing-in, and check-out from the table prior to receiving their medals at VAWA GR/FS States.

Use of Alternates: Coaches will ensure that Alternates get an equitable experience. However, we will not split "starts" evenly between the Primary and Alternate. Instead, a coach will organize an equitable number of non-dual matches for Alternates. Additionally, alternates will "start" in duals when the Primary is injured/ill or requests a break which is common. Finally, GR Alternates will "start" in one GR dual so that their GR weigh-in counts for FS. The current coaching staff has experience supporting Alternates, and it is highly unlikely that Alternate wrestlers/parents will be disappointed in their experience.

Uniform: VAWA will issue a gear (e.g. 2 x Singlets, T-shirt, Shorts, Bag) to each team member, either at VAWA GR/FS States or at the SB National Duals (TBD). Ordering will be based upon manufacturer sizing charts - no parent action is required. The design of gear is identical for all 2015 VAWA national teams, including the VAWA Kids National Team competing in USAW Kids GR/FS Nationals in Madison, WI, 30JUN-02JUL15.

Weigh-ins: In VAWA singlet. No weight allowance. Wrestlers need to only weigh-in once (at the GR weigh-in). However, for that weigh-in to count for FS, wrestlers must compete in one GR dual. We will conduct one practice at the venue prior to weigh-ins, however, wrestlers are expected to be on-weight when boarding VAWA transportation.

Wrestler Preparation: To be competitive individually and as a team, every wrestler must practice at least 2-3 times per week with a credible GR/FS club with quality partners. Between VAWA Folkstyle States and VAWA GR/FS States, every wrestler should have participated in at least four local-level GR/FS tournaments and competed in at least 20 GR and 20 FS matches. Contact David Manville for a schedule of local-level tournaments in VA, MD, PA and DE. All candidate team members should compete at the USAW NE Regional on 1-3MAY15 in East Stroudsburg, PA. All selected team members are expected to compete at the USAW SE Regional on 22-24MAY in Atlanta, GA.

Coaching: David Manville is the Head Coach and is assisted by Jason Tibbetts. VAWA-approved coaches of GR/FS clubs State-wide are invited to join the staff. Three positions are fully funded, and three positions are partially funded. The primary factors driving coach selection/resourcing are the number of their club's members who are team members, and their willingness to coach team members at the USAW NE Regional and USAW SE Regional. Coaches are responsible for executing all tasks except logistics. **Contact:** david.l.manville.civ@mail.mil, (C) 703-851-1290

Logistics: Bill Grubbs is responsible for logistics execution. **Contact:** 2grubswrestle@gmail.com, (C) 757-207-1518

- **Transportation:** VAWA will rent two 15 passenger vans out of Stafford. Designated drivers will pick-up the vans on TUE, 02JUN. On the morning of WED, 03JUN, one van will depart out of Richmond executing pick-ups at exits (TBD) along I-64 supporting wrestlers from The Peninsula, Richmond, Charlottesville, Harrisonburg, Lynchburg, Roanoke and Blacksburg. The other van will depart out of Stafford executing pick-ups at exits (TBD) along I-95/I-495/I-270/I-70 supporting wrestlers from Stafford, NOVA and Winchester. The routes are reversed for the return trip. See the schedule below for details. Space available, parents may ride in VAWA vans at no cost.

- **Lodging:** All team members are expected to stay at the VAWA designated hotel. Parents have the option of lodging their wrestler in a VAWA-funded room, or reserving a room for themselves and their wrestler at their own cost.

- VAWA will initially reserve 6 funded hotel rooms for wrestlers traveling without their parents, and 2 funded hotel rooms for VAWA staff traveling without their spouses (total 8). Based upon future knowledge of parent/staff travel plans, VAWA will cancel unneeded VAWA-funded room reservations.

- VAWA will also "block" 10 hotel rooms for parents at a discounted rate, and inform parents of the promo code, as well as the date on which rooms will become "unblocked". When reserving a "blocked room", please immediately inform Bill Grubbs of your personal lodging plans so that he can cancel unneeded VAWA reserved/funded rooms.

- **Meals:** All meals are included except those consumed during travel. Breakfast at hotel. Lunch and Dinner at venue. VAWA will be allotted 1-2 tables in the venue cafeteria to establish a "Team Table" which Team leaders will plentifully stock, including beverages for athlete hydration.

Schedule: Complete event information is available at <http://www.teamusa.org/USA-Wrestling/Events>.

Tues, June 2

VAWA Vans #1 and #2 picked from dealer in Stafford – No earlier than 12:00 noon.

Wednesday, June 3

VAWA Van #1 depart Stafford - 4:30 AM

VAWA Van #2 depart Norfolk – 4:30 AM

No-later-than Check-in @ hotel - 3:00 PM

VAWA Practice @ venue - 4:30 PM to 6:00 PM

Greco Roman & Freestyle Registration - 5:30 PM to 7:00 PM

Greco-Roman Coaches Meeting - 7:00 PM to 7:20 PM

Greco-Roman & Freestyle Skin Check & Weigh-ins - 7:30 PM to 7:50 PM

Thursday, June 4

Doors Open - 7:00 AM

Greco-Roman Clinic - 7:30 AM to 7:45 AM

Greco-Roman Session 1: Preliminary Pool Rounds 1-3 - 8:00 AM to 2:00 PM

Greco-Roman Session 2: Preliminary Pool Rounds 4-6 - 3:00 PM to 9:00 PM

Friday, June 5

Doors Open - 7:00 AM

Greco-Roman Session 3: Gold/Silver, Bronze/Copper, Red/Blue, Green/Yellow Pool Rounds 1-3 - 8:00 AM to 2:00 PM

Greco-Roman Session 4: Finals Placement Round and Awards - 2:30 PM to 4:30 PM

Freestyle Only Registration - 4:30 PM to 5:30 PM

Freestyle Coaches Meeting - 5:30 PM to 6:30 PM

Freestyle Only Skin Checks & Weigh-ins - 6:00 PM to 6:20 PM

Saturday, June 6

Doors Open - 7:00 AM

Freestyle Clinic - 7:30 AM to 7:45 AM

Freestyle Session 1: Preliminary Pool Rounds 1-3 - 8:00 AM to 2:00 PM

Freestyle Session 2: Preliminary Pool Rounds 4-6 - 3:00 PM to 9:00 PM

Sunday, June 7

Doors Open - 7:00 AM

Freestyle Session 3: Gold/Silver, Bronze/Copper, Red/Blue, Green/Yellow Pool Rounds 1-3 - 8:00 AM to 2:00 PM

Freestyle Session 4: Finals Placement Round and Awards - 2:30 PM to 4:30 PM

VAWA Van #1 arrives Stafford – 2:30 AM

VAWA Van #2 arrives Richmond – 2:30 AM

Monday, June 8

VAWA Vans #1 and #2 returned back to dealer in Stafford – No later than 12:00 noon.

2015 VAWA Schoolboy GR/FS National Duals Team Application Form

Fill in gray highlighted items. Email (1) the form, and (2) a copy of the USAW "Full-Membership" Card to david.l.manville.civ@mail.mil immediately, but no later than 25APR15.

Wrestler Information

Expected Weight Class for VAWA GR/FS States (Circle): 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265.

First Name: _____ Last Name: _____

Date of Birth: _____ USAW "Full Membership" Card #: _____ Copy Received: Y / N

Medical Waiver Received: Y / N Insurance Provider/Policy #: _____

Mobile Phone #: _____ Email Address: _____

Address: _____

Name of High School Attending / Will Attend: _____

2015 Folkstyle States Place: _____ 2015 GR States Place: _____ 2015 FS States Place: _____

Singlet Size: _____ Shorts Size: _____ T-Shirt Size: _____

\$200 Deposit Received: Y / N Balance (Total ~\$400) Received: Y / N

A \$200 deposit is due at the time of Application. Make check payable to "VAWA", writing "SB Duals – *Wrestler Name*" in the Memo line. Mail the Deposit Check to "VAWA"; ATTN: Steve Coker; 905 Pepper Avenue; Richmond, VA 23226". The balance (total ~\$400) must be paid-in-full prior to departing VAWA GR/FS States. If a wrestler does not make the team, the Deposit Check will be returned within one week of VAWA GR/FS States.

GR/FS Club Information

Club Name: _____ Club Location (City): _____

Club Coach First Name: _____ Last Name: _____

Club Coach Mobile Phone #: _____ Club Coach Email Address: _____

Parent Information

Primary First Name: _____ Last Name: _____

Primary Mobile Phone #: _____ Email Address: _____

Secondary First Name: _____ Last Name: _____

Secondary Mobile Phone #: _____ Email Address: _____

Logistics Information

Wrestler will Ride in VAWA Van (circle one): Y / N # of parents desiring to Ride in VAWA Van (circle one): 0 / 1 / 2

Pick-up/drop-off Site (circle one): Richmond, Charlottesville, Harrisonburg, Lynchburg, Roanoke, Blacksburg, Stafford, Springfield, Hagerstown (MD)

Lodging Option (circle one): Wrestler Stay in VAWA-funded room OR Stay with parent in parent-funded room