

2016 VAWA Schoolboy Greco-Roman/Freestyle National Duals Team Information Sheet

Version #1 (23DEC15)

Eligibility: Schoolboys (SB) are wrestlers born 2002-2003. 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: 8-12JUN16. 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 2016 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 this year. 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 14-15MAY16. 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 prior to 15APR16

- (1) Email a completed Application Form to david.l.manville.civ@mail.mil
- (2) Email a copy of the USAW Athlete Card to david.l.manville.civ@mail.mil
- (3) Mail a Deposit Check of \$200, payable to "VAWA", writing "SB Duals -- Wrestler Name" in the Memo line, to Susan Manville; 5827 Oak Grove Street; Lorton, VA 22079. If a wrestler does not make the team, the \$200 Deposit Check will be returned/refunded at VAWA GR/FS States.
- (4) Email a completed USAW Waiver Form to david.l.manville.civ@mail.mil

Qualification Requirement: Compete in VAWA GR/FS States on 14-15MAY15 @ 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. Team members are expected to compete in both GR and FS at the SB National Duals. Wrestler placement in both styles at VAWA GR/FS States will be considered in selection decisions. "One-style" team members are possible. Alternates are possible. Any holes in the line-up that exist at the conclusion of VAWA GR/FS States will be filled by the most expeditious means possible at the coach's discretion.

Locking-in the Roster: The intent is to lock-in the team roster at VAWA GR/FS States. To secure the spot earned through placement, the wrestler's parent must ALSO have submitted: (1) a completed Application Form, (2) a copy of his USAW Athlete Card, and (3) paid-in-full prior to departing the venue.

Use of Alternates: Coaches will ensure that Alternates get an equitable experience. However, we will not compel the wrestler who earned his spot to split "starts" with Alternate. Instead, a coach will organize an equitable number of non-dual matches for Alternates, and Alternates will "start" in duals when the Primary is injured/ill or requests a break (which is not uncommon). GR Alternates will "start" in one GR dual so that their GR weigh-in counts for FS. The coaching staff has experience supporting Alternates, and it is unlikely that Alternate wrestlers will be disappointed in their experience.

Uniform: VAWA will provide a gear package (e.g. 2 x Singlets, 2 x T-shirts, 1 x Shorts, 1 x Bag) to each team member, either at VAWA GR/FS States or at the SB National Duals. 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.

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. All selected team members should compete at the USAW SE Regional.

Coaching Staff: David Manville is the Head Coach. VAWA-approved coaches of GR/FS clubs are invited to join the staff. Three positions are fully funded, and three positions are partially funded. Factors driving coach selection/resourcing are: the number of their club's wrestlers who are team members, their willingness to coach team members at the USAW NE Regional and USAW SE Regional, and their willingness to perform logistics tasks related to the team's success. Contact david.l.manville.civ@mail.mil if interested in coaching.

Team Leader: Susan Manville is the Team Leader and is responsible for all Administration & Logistics. Contact susanmanville@hotmail.com with related questions.

- **Transportation:** VAWA will rent two 15 passenger vans out of Stafford. Designated drivers will pick-up the vans on TUE, 07JUN16. On the morning of WED, 08JUN16, 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 Lorton 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. Space available, parents may ride in VAWA vans at no cost. The priority for riding vans is: wrestlers, coaches, volunteers, others.

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

- VAWA will reserve 8 hotel rooms for wrestlers and coaches. Based upon future knowledge of parent/staff travel plans, VAWA will cancel unneeded VAWA-funded room reservations.

- VAWA will also "block" 4 hotel rooms for parents and provide parents appropriate registration information, including the cut-off date for the block.

- **Meals:** All meals are included except those consumed during travel. Breakfast at hotel. Lunch and Dinner at venue or hotel. 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 7

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

Wednesday, June 8

VAWA Vans depart Lorton (and potentially Richmond) - 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 9

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 10

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 11

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 12

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 13

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

2016 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 Card to david.l.manville.civ@mail.mil immediately, but no later than 15APR16.

-----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 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: _____

2016 Folkstyle States Place: _____ 2016 GR States Place: _____ 2016 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 "Susan Manville; 5827 Oak Grove Street; Lorton VA 22079". 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, Lorton, Tyson's Corner, Hagerstown (MD)

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