



# Cultural Exchange 2025

## New Zealand

The Indiana State Wrestling Association is offering a cultural exchange trip this summer for 12 high school wrestlers from around the state (grades 9-12)!

**TRIP DATES:** June 17 – June 30

**TRIP COST:** \$3200 and includes the following:

- Flights to New Zealand and back to Indianapolis
- Team will be staying in Auckland, Hamilton, Katikati, and Tauranga
- A set of wrestling gear that includes singlets, clothes, and bag
- Entry into the Bay of Plenty Wrestling Championships on June 22
- Several of the activities include black water rafting, a day at Rotorua looking at mud pools, visiting Sky Tower, plus much more!
- Most meals will be included!

**IF INTERESTED...** reserve your spot by contacting Lou Silverman or the ISWA office

- DEPOSIT of \$250 paid through USA Wrestling after contacting the ISWA office or Lou Silverman
- DEPOSIT DEADLINE: April 18<sup>th</sup>, 2025
- PAYMENT SCHEDULE: April 18 \$250, May 15 \$1700 (\$1450), June 13 \$3200 (\$1500) or pay in full

**IMPORTANT:** The first 12 wrestlers that get deposits in will get the spots. Wrestlers must be in grades 9-12 during the 2025-26 school year.

**QUESTIONS:** Contact Lou Silverman at 317-490-1507 or [Lsilverman126@att.net](mailto:Lsilverman126@att.net)