

Iowa/USA Women's Wrestling National Team



Dear Wrestlers and Parents,

Congratulations!

You will be representing Iowa at the 2019 USMC 16U/Junior National Championships, held in Fargo, North Dakota. The 16U women's freestyle tournament weigh-in takes place on Friday, July 12th; competition runs July 13th & 14th. The Junior (High School) women's tournament weigh-in is Monday, July 15th with competition July 16th & 17th. The medal round for each age group ends at ~4pm. Training camp will be July 5th-8th. Details are provided below.

FARGO EVENT

Cost: The cost to each female wrestler competing at Nationals is \$550 for one age division (16Ucadet or junior) or \$750 for both divisions. This fee includes the training facility, camp room and board, required state uniform package, event entry fee, and raffle/admin expenses. **MEALS in Fargo are not included**, please bring money for meals, snacks and beverages for your athlete.

Transportation: **Transportation to camp and to the tournament is the responsibility of the athlete/family.****
16U/Cadets are to check in with Coaches at the team hotel in FARGO by 3:30PM Friday, July 12th (weigh-ins are 5:30-5:45PM, no exceptions).

19U/Juniors need to arrive on site in FARGO by 4:30PM Monday evening July 15th. Juniors weigh-in at 6:30PM on 7/15.

**Special arrangements may be made to travel with a coach or host family if needed.

Lodging: Female athletes and coaches will be staying at The Element Hotel in Fargo during dates of competition (athlete supervision will be provided). Athletes will not be allowed to participate if they are not housed at the team hotel. We will also try to arrange a family room block at the Element.

Expectations: Please note-this is a TEAM EVENT. Athletes are expected to be on time and participate in practices, warm-ups, and team meetings. Lights out and media-free times are at coaches' discretion to ensure team focus is on learning, rest and recovery.

Any wrestler that does not follow rules set forth by Coach/Team Leader will be sent home at her expense.

TRAINING CAMP (mandatory)

Camp Location: [Wartburg College](#) 100 Wartburg Blvd. Waverly, IA 50677

When: Wrestlers meet at camp on **Friday, July 5th at 1:00PM** and finish **Monday, July 8th at Noon**.

Packing List: **If you have a wrestling journal, bring it to training camp for technique & mindset notes.**

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| * Bed linens (std twin) | * Pillow | * Towels/Toiletries | * Running shoe |
| * Workout Gear for 9 sessions | | * Singlet | * Wrestling shoes |
| * Raffle Tickets | * Final Team Payment | | * USA Wrestling Medical Waiver |

Expectations: We are preparing to represent Iowa. Be ready to work hard, ask questions, and be good drill partners. Arrive at camp ready for 2-3 daily workouts & be on track to make weight. Contact us ahead of camp for nutrition needs. Drink 1oz of water per pound of body weight daily the week before camp; BE HYDRATED!

USMC Junior Nationals is a great experience! While Fargo may be one of the world's biggest wrestling tournaments, we strive to make wrestling "at the Dome" a low stress, positive environment for your wrestler to compete and learn. Parents, please contact us if you have questions prior to camp or if something comes up during the week.

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