



**Welcome to the 2016 USA Wrestling- New Jersey
Cadet Nationals Championships
And
Junior National Championships**

The team packet will consist of a comprehensive list of information. You will need to register online

<http://www.gimpsoftware.com/USAWNJ>

Read and complete the enclosed forms, which will be needed to be processed to establish your commitment to Team New Jersey.

PLEASE NOTE THAT THE \$600 DEPOSIT MUST BE SENT WITH IN ONE WEEK OF QUALIFYING TO SECURE A PLACE ON THE TEAM. YOU CAN NOT APPLY INCENTIVES TOWARD DEPOSIT. You may pay by credit card by contacting Rich Santoli

Please remit to:
**USAWNJ
PO Box 479
Ramsey, NJ 07446**

Team New Jersey Forms Check-Off.

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- **Parental Instruction on Medical Treatment** Listed Separately on Site

Congratulations! You are now qualified for Team New Jersey's trip to USA Wrestling's Cadet and Junior National Championships. This will be held at the University of North Dakota in Fargo the week of July 16-24, 2016.

- ❖ **To ensure your eligibility for this event, you and your parents must complete a series of forms.**
- ❖ **You must maintain a payment schedule and complete payments by July 3rd.**
- ❖ **You must attend the appropriate training camp days May 14th at Buxton School of Wrestling, May 22nd at Toms River East HS , July 3rd at Bergen Catholic with registration 8-9 am workout 10 am to 3 pm for all 3 day camps and lunch will be provided and July 8th thru 10th at Rutgers University from July 8th 2 pm to 4 pm Registration ending July 10th 12 noon for pick-up this is a 2 night camp if wrestler drives there his keys will be held to the end of camp**
- ❖ **You need bedding (pillow sheets & blanket also towels) for camp at Rutgers**
- ❖ **You must travel with the team**
- ❖ **The All uniforms must be paid by May 14th at Buxton School of Wrestling to get by Fargo**
- ❖

Buxton School of Wrestling 2 Middlebury Blvd Unit 11 Randolph , NJ 07869, Toms River East HS 1225 Raider Way Toms River NJ 08753, Bergen Catholic 1040 Oradell Ave Oradell NJ 07649 Rutgers University . College Avenue Gym 130 College Avenue New Brunswick, NJ 08901

- ❖ **You need bedding (pillow sheets & blanket also towels) for camp at Rutgers**
- ❖ **Registration at Rutgers is July 8th from 2pm to 4pm**
- ❖ **Registration is at 8-9 am May 14, May 22, and July 3 is the last day for registration**
- ❖ **All balances must be paid before or on July 3rd.**
- ❖ **All signed forms must be presented at registration.**
- ❖ **Immunization/Medical forms must be presented no later than registration.**

Trip Dates and Contact Information

Cadet Dual Meet Championships- June 14-18, 2016.

York . PA

Team Leader Bill Guida @ 973-856-3148

Junior Dual Meet Championships- June 21-25, 2016.

Tulsa, Oklahoma

Team Leader John Grey @ 201-317-3973

Asics / Vaughan Junior and Cadet National Championships – July 16-23,2016

Fargo, North Dakota

Team Leader - Gimp @ 610-264-8511

Junior Director – John Grey @ 201-317-3973

Cadet Director – Bill Guida @ 973-856-3148

Women's Director – Chris Rogers @ 856-220-0644

State Chairman – Rich Santoli @ 201-921-3275

Estimated Costs

Fargo Trip

Includes Training camp, Flight & Ground Transportation, Entry Fees, Room & Board and one bag check on flights both ways.

Uniform may be purchased separately.

Single or Double Style: \$ 1300.00

Uniform

While trying to lower cost of the Fargo trip USA/ NJ Wrestling will let you pick what in the uniform package you want. If you want to save money and take nothing the only requirement is that you have a red and blue USA/NJ singlet. You must bring the singlets to registration for approval. Feel free to call Rich Santoli at 201-921-3275 if you have any questions.

USAWNJ INCENTIVES

Schoolboy, Cadet and Junior Duals

(Must participate in age appropriate USAWNJ Freestyle State Tournament)

Schoolboy Duals

- \$50 for current USAWNJ Kids State Champion
- \$50 for current NE Regional champ
- \$50 for current State Freestyle Tournament and Ranking Tournament Champ

Cadet Duals

- \$100 for NJSIAA 1st-3rd placement or Nat.Prep 1st-3rd placement (current)
- \$100 for 1st at current USAWNJ State Freestyle Tournament
- \$100 returning Cadet National Champ (last year)
- \$75 returning Schoolboy Champion/Cadet AA (last year)
- \$50 returning Schoolboy AA (last year)

Junior Duals

- \$100 for NJSIAA 1st-3rd placement or National Prep 1st-3rd placement (current)
- \$150 for first at current USAWNJ State Freestyle Tournament
- \$150 returning Jr. National champ (last year)
- \$100 returning Jr. AA/Cadet Champion (last year)
- \$75 returning Cadet AA (last year)

Fargo

(Must participate in age appropriate USAWNJ Freestyle Ranking Tournament)

Cadets and Junior

- \$50 for USAWNJ Kids State Champion (current)
- \$150 for NJSIAA State Champion or National Prep Champion (current)
- \$75 for NJSIAA 2nd-8th placement or National Prep 2nd-8th placement (current)
- \$100 for 1st at current USAWNJ Ranking Tournament
- \$100 if you wrestled in current year duals

Girls Fargo/Duals

- \$100 current Freestyle National Champion
- \$50 current Freestyle State Champion
- \$50 Freestyle AA (last year)

\$50 current Folkstyle state champ

- \$50 current Folkstyle national champ or Folkstyle AA

USAW /NJ Equipment Information Sheet

This must be completed as soon as possible to have the best chance to get equipment that you want. If not completed in time USAW/NJ reserves the right to substitute any equipment available to meet the minimum needs at the packaging price. Please print neatly in block letters.

Last Name _____ First Name _____ Grade _____ DOB _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ Weight Class _____ Style _____ USA Card No _____
 Date on the cover page of this package _____ Mailing Date of this form _____
 Trips(s) for which equipment is needed _____

*****Equipment Package Orders*****

_____ Package price for Team Pullover Jacket , Shorts, Sublimated Long & Short Sleeve Shirt and two Singlets \$200.00 Bag Extra

If you order a package above then check to the left of that package. If you have a “premium” package from past year(s) you may want to go directly to the sections below. Circle the appropriate sizes listed in the sections below but do not write in any amount to the left. If, on the other hand, you want items in addition to the package ordered, then fill in the amount to the left of the items. Do your own dollar totals to the right and below.

*****Optional Equipment and ala carte items*****

size	amt	item	Size Needed	Non-Package	Totals
	Ordering		Circle Size/	Prices	
_____	_____	Pullover Jacket	(XS) (S) (M) (LG) (XL) (XXL)	\$35.00	_____
_____	_____	Fight Sublimated Shorts	(YL) (S) (M) (LG) (XL)(XXL)	\$40.00	_____
_____	_____	Red Singlet	(XS) (S) (M) (LG) (XL) (XXL)	\$50.00	_____
_____	_____	Blue Singlet	(XS) (S) (M) (LG) (XL) (XXL)	\$50.00	_____
_____	_____	Long & Short sleeve Sublimated t-shirt	(S) (M) (LG) (XL) (XXL)	\$25.00	_____

*****Equipment Everyone Gets***(Also to list extra quantities desired)*****

Everyone receives a T-Shirt with uniform package, so if you want additional t-shirts place that number to the left of the item for additional quantities you want (gifts, thank yours, trading)

Order amount	Item	Sizes	Price	
_____				_____
_____	Backpack Bag	Limited quantities (1 st come 1 st serve)	\$35.00	_____

Parent and Wrestler Information Sheet

A question and answer sheet follows this page to help parents be more informed about the trip to Nationals. A listing of Hotel accommodations is included.

Regarding your wrestler's flight to North Dakota, get a photo id for your wrestler. Please pack wrestling gear in a reasonably sized carry-on/back-pack so that if luggage is lost or delayed, wrestling can continue. These are usually well-packed flights (especially the returns) so large carry-ons are not recommended.

Part of the National Tournament scene is the free-trading of t-shirts and other equipment. We really hope that the USAW/NJ singlets will not be sold or traded. We would like to keep them special to Team New Jersey. In addition, they are a very good product and more expensive than what the wrestler would get for them. Wrestlers from most states bring extra t-shirts to trade for shirts from other states. Although this trading is not the highlight of the trip, it is a fun part of this national event. Once shirts have been distributed at camp to the team, and the special orders completed, you may purchase more shirts, if available. Do not trade official singlets if you are still competing.

Medications: Allergy and other medications. Tape for taping existing injuries and taping laces.

Note: If you bring a car, you may leave it outside the dorm. However, all of your keys will be held until the end of the week or as directed. You are not allowed off campus.

Many wrestlers raise funds to help them defray the cost of their trip to Nationals or to other trips. If your wrestler wishes to raise funds for the trip, please find enclosed letters to help in this regard. More copies can be gotten from either age group director. A list of suggested donors is included below.

Possible Donor List

1. Family (Grandparents, Aunts, Uncles, Godparents)
2. Parents' employers
3. High School Wrestling Booster Club
4. High School Parent Teacher Association
5. Local school teacher association
6. Barbers, doctors, dentists, etc
7. Neighbors
8. Local business community (butcher, baker, gift shop, drug store)
9. Local Police Athletic League
10. Local Fire Department
11. Insurance Agents
12. Large corporations in your area (ATT, Bell Labs)
13. Service Clubs (Kiwanis, Masons, Knights of Columbus)

Parents Frequently Asked Questions

1. What is the best source of info- the NJWF Trips Website-
<http://www.gimpsoftware.com/USAWNJ>
2. WHEN WILL MY WRESTLER'S FLIGHT LEAVE?
 - a. Although the exact time of your wrestler's flight may not be known at this time, the general rule of thumb is that it will leave two days before the first day of competition for the style/age group. Generally, it will return the day after the age group/style finals.
 - b. Specific info will be listed on the web site as time goes on.
3. WHAT ARE MY WRESTLER'S RESPONSIBILITIES?
 - a. Each wrestler is required to sign a code of ethics/conduct upon registration. A copy of that code is in this packet. Parent's should supervise the packing process to prevent embarrassment to all involved.
 - b. Each wrestler is required to stay with the team. Attendance at team meetings, workout sessions and wrestling is **required**. He/she is an important part of Team New Jersey.
4. WHO DO I CALL IN CASE OF EMERGENCY?

Phone numbers to be listed on web site. There will be different numbers while at camp and while in Fargo.
5. HOW MUCH MONEY DO I SEND WITH MY WRESTLER?

Wrestlers are encouraged NOT to bring too much cash. Meals and sleeping accommodations are provided. Send enough for souvenirs and snacks. There is an ATM at camp. Convenience stores can cash small traveler's checks.
6. WHAT IF MY WRESTLER IS ELIMINATED FROM COMPETITION?

Your wrestler's status as a member of the team does not change upon elimination. They are still required to attend all team functions as before.
7. IF I ATTEND THE NATIONALS WHEN WILL I BE ABLE TO SEE MY WRESTLER?

Your wrestler will have dorm accommodations and will have an itinerary of team meetings, workout and wrestling sessions. There will be some release time and you may work out arrangements as long as the coaching staff is fully aware and all upcoming team issues are resolved.
8. ARE PARENTS ALLOWED ON THE FLOOR OF THE ARENA?

USA Wrestling has a strict policy about those who receive floor passes in the arena. Coaches and staff is the only rule. The USAW/NJ Coaches Council has issued a policy specifically stating that no parent/HS or personal coach/etc will be allowed on the floor to watch, coach or film the wrestling. The only exception are those previously approved by the council as Team New Jersey staff.
9. WILL MY SON BE ASKED TO WRESTLE A SECOND STYLE?

A number of alternates will be selected who may be asked to wrestle a second style in the event of another wrestler's illness or injury. Your son will be notified as far in advance as possible that there may be an opportunity of his staying out longer (or going out earlier) at the National Tournament because he can wrestle a second style.

USAW/NJ Code of Conduct

ATHLETE PLEDGE

I pledge to uphold the spirit of the USAW/NJ Code of Conduct (the “Code”), which offers a guide to my conduct as a member of Team New Jersey (the “Team”). I acknowledge that I have a right to a hearing if my opportunity to compete is denied or if I am charged with a violation of this Code.

I have familiarized myself with the Code and understand that acceptance of its provisions is a condition of my selection to the Team.

As a Member of the Team, I hereby promise and agree that I:

- will abide by all rules related to the Team selection procedures as approved by USAW/NJ ;
- have acted and will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct;
- will maintain a level of fitness and competitive readiness that will permit my performance to be at the maximum of my abilities;
- will not commit a doping violation as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), the United States Anti-Doping Agency (USADA), the United States Olympic Committee (USOC) or the USAW-USAW/NJ-FILA rules;
- am not currently serving a doping violation and/or do not have a pending or unresolved doping charge;
- will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to laws governing the possession and use of drugs, tobacco and alcohol and providing of drugs to any person and of alcohol to minors;
- am eligible to compete under the rules of USAW-USAW/NJ-FILA;
- will refrain from conduct detracting from my ability or that of my teammates to attain peak performance;
- will respect the property of others whether personal or public;
- will respect members of my Team, other teams, spectators and officials, and engage in no form of discriminatory behavior or verbal, physical or sexual harassment or abuse;
- will follow my Team’s rules, including by way of example, rules regarding curfew and required attendance at team meetings;
- am aware that USAW/NJ sponsors, suppliers and licensees provide critical support for the Team and, in recognition of this fact, I will wear designated USAW/NJ apparel at all official Team functions and events;
- will act in a way that will bring respect and honor to myself, my teammates, USAW/NJ and the United States; and
- will remember that at all times I am an ambassador for my sport, my country and the State.

PARTICIPANTS' AFFIRMATION OF CODE OF CONDUCT

I have read and accept this Code of Conduct. I agree to the rules, guidelines, jurisdiction and procedures stated in these documents as a condition of being selected to participate as a member of the Team.

Signature

Date

USAW/NJ
NGB Name

Wrestling
Sport

PARENT/GUARDIAN CERTIFICATION
(For Participants Under the Age of 18 as of Date of Signature)

Signature

Date

Relationship (Parent or Guardian)



Medical Information & Waiver Forms

This packet contains medical information forms and a sample waiver and release from liability form. In today's climate of insurance claims and liability action, the use of these forms is mandatory by your club and/or league.

Parent's Medical Instructions

This form can give your club coach or administrator instructions on how to proceed if an athlete becomes injured or ill and needs emergency treatment.

Medical History Questionnaire

If you are traveling and one of your athletes needs medical attention, this information can be of great value to an attending physician.

The parent's Medical Instruction and the Medical History Questionnaire for each athlete should be kept in a sealed envelope with his name on the outside in or with the club's medical kits. It is recommended that the kit also should have a list of emergency phone numbers for each club member, along with the standard 911, police, ambulance, fire, etc., phone numbers.

Participant's Waiver and Release From Liability Form

This form provides the club administration a copy of a standard participant's waiver and release from liability form. It is mandatory that club administrators have this form signed in addition to the form attached to the membership card. **Failure to obtain a waiver and release on members will result in a loss of insurance coverage.**

Please keep medical forms for no less than 18 months.

You must keep all Waiver and Release forms for 7 years.

USA WRESTLING

PARENT'S INSTRUCTIONS ON MEDICAL TREATMENT

PLEASE PRINT IN CAPITAL LETTERS

Wrestler's Name _____ Date of Birth _____

Parent/Guardian Name _____ Relationship _____

Address _____

Home Phone _____ Work Phone _____

Please indicate another person to call if an accident occurs and we are unable to reach you:

Name _____ Phone No. _____

Insurance Company _____ Policy No. _____

Family Doctor _____ Phone No. _____

Is your child presently on medication? _____ If yes, please list medication (s):

Drug Sensitivities _____

Other Allergies _____

Date of your child's last complete physical examination by a medical doctor _____

If this is more than one year ago, please complete the accompanying medical history questionnaire.

Please read the alternative statements below and sign under the one that you choose. Sign only one!

1. If my child needs medical attention, it is my wish that I am contacted before any medical procedures are taken on my child, unless immediate treatment is necessary to save my child's life or to prevent permanent injury.

Parent/Guardian Signature _____ Date Signed _____

2. If my child needs medical treatment while participating, it is my wish that the treatment is started while efforts are being made to contact me. So that treatment is not delayed, I consent to any medical procedures that the physician believes are needed, on the understanding that efforts to contact me will continue to be made. I accept responsibility for all costs related to such treatment.

Parent/Guardian Signature _____ Date Signed _____

Wrestler's USA Wrestling Card No. _____

Name of Club _____

Coach's Name _____ Phone Number _____

USA Wrestling

MEDICAL HISTORY QUESTIONNAIRE

PLEASE PRINT IN CAPITAL LETTERS

Wrestler's Name: _____ USA Card No.: _____

Emergency Contact: _____ Phone No.: _____

PLEASE CIRCLE THE CORRECT ANSWER, ALL INFORMATION WILL BE CONFIDENTIAL

- Yes No 1. Are you allergic to any general medication (aspirin, sulfa, penicillin, etc.)? If so please indicate what medication(s) _____
- Yes No 2. Are you now on any prescribed medication on a permanent or semi-permanent basis? If so, please indicate the name of the medication and why it was prescribed

- Yes No 3. Have you ever had an epileptic seizure or been informed that you might have epilepsy?
- Yes No 4. Have you ever been treated for diabetes? If so, please indicate the type(s) of insulin or pills you use.

- Yes No 5. Has a medical doctor ever told you that you were anemic or had sickle cell anemia?
- Yes No 6. Do you have or have you ever had high blood pressure? If so, list any medication for it that you take regularly _____
- Yes No 7. Do you have or have you ever had any of the following diseases? If so, please circle the appropriate ones.
Heart disease (rheumatic fever) Liver disease (hepatitis)
Kidney disease (infections) Lung disease (pneumonia)
- Yes No 8. Have you ever been informed by a medical doctor that you have asthma? If so, what medications, if any, do you take regularly _____
- Yes No 9. Do you presently have an unrepaired hernia?
- Yes No 10. Have you ever been "knocked out" or experienced a concussion during the past 3 years? If so, give the dates of each _____
- Yes No 11. If the answer to No 10 is "yes" did the attending physician have you stay overnight in a hospital? If yes, give the dates of each _____
- Yes No 12. Have you ever had an injury to your neck involving nerves, vertebrae (bones), or discs that incapacitated you for a week or longer? If yes, give the dates of each such injury. _____
- Yes No 13. Do you wear any dental appliance? If yes, circle the appropriate appliance:
Permanent bridge Permanent crown or jacket
Braces Full plate Removable partial plate
Permanent retainer Removable retainer

PLEASE TURN THIS FORM OVER AND COMPLETE THE OTHER SIDE. THANK YOU.

- Yes No 14. Do you wear contact lenses during competition?
- Yes No 15. Have you had a fracture during the past 2 years? If yes, indicate which bone was broken and the date if happened _____
- Yes No 16. Have you had a shoulder dislocation, separation or other shoulder injury in the past 2 years that incapacitated you for a week or longer? If so, give the date of the injury.

- Yes No 17. Have you ever had surgery to correct a shoulder condition? If so, give the dates and what was done.

- Yes No 18. Have you ever had an injury to your back?
- Yes No 19. Do you experience Pain in your back? If yes, indicate frequency:
Seldom Occasionally Frequently With vigorous exercise With heavy lifting
- Yes No 20. Have you injured your knee during the past 2 years with severe swelling as a result?
- Yes No 21. Have you ever been told that you injured the ligaments and / or cartilage of either knee?
- Yes No 22. Have you ever been advised to have surgery to correct a knee problem?
- Yes No 23. If the answer to No. 22 is yes, has the surgery been completed? Date _____
- Yes No 24. Have you experienced a severe sprain of either ankle during the past 2 years?
- Yes No 25. Have you had any injury to your foot or toes in the past 2 years. If yes, explain:

- Yes No 26. Do you have any chronic conditions that have not been mentioned above? If so, explain:

The questions on both sides of this form have been answered completely and truthfully to the best of my knowledge.

Wrestler's Signature _____

Date _____

Parent/ Guardian Signature _____

Date _____

USA Wrestling New Jersey

Bag Check Authorization and Certification

This memorandum of agreement is between USA Wrestling New Jersey and the prospective Team New Jersey Member and Parent or legal Guardian named below.

By signing the following We, _____

(hereafter known as “Wrestler”) and _____
(Parent or Legal Guardian of “Wrestler” and hereafter known as “Guardian”) understand that in order to participate in any Team New Jersey event sponsored by USA Wrestling New Jersey, Wrestler and Guardian will abide by the following rules and guidelines:

1. Wrestler will sign and abide by the Code of Conduct issued by USA Wrestling New Jersey.
2. Wrestler will not carry or have among Wrestler’s belongings any type of tobacco, alcohol, drugs, pornography, guns, knives, weapons or otherwise objectionable material or illegal contraband to any USA Wrestling New Jersey event or trip.
3. Guardian will not knowingly allow Wrestler to bring any type of tobacco, alcohol, drugs, pornography, guns, knives, weapons or otherwise objectionable material or illegal contraband to any USA Wrestling New Jersey event or trip.
4. Guardian will inspect Wrestler’s personal belongings and baggage immediately before departure on any Team New Jersey event or trip.
5. Wrestler and Guardian will allow the officials of USA Wrestling New Jersey to inspect Wrestler’s luggage, personal belongings, coolers or lodging before boarding, the transportation to the event or during or immediately after exiting the transportation from or to a trip or event. This inspection shall be made by an official, coach or team leader of USA Wrestling New Jersey (Hereafter known as “Official”). Said purpose of inspection shall be to ensure that there are no tobacco, alcohol, drugs, pornography, weapons, illegal contraband or stolen items on the person or in the possession of Wrestler. If said materials are discovered, Wrestler will allow the Official to confiscate this contraband immediately.
6. Wrestler and Guardian will abide by the disciplinary procedures invoked by the officials of USA Wrestling New Jersey if illegal, banned or otherwise objectionable items are discovered upon Wrestler’s person, lodging or personal belongings.
7. Guardian will authorize and reimburse the Officials of USA Wrestling New Jersey to return Wrestler by any typical means of ground, sea or air transportation if any illegal, banned or otherwise objectionable items are discovered upon Wrestler’s person, lodging or personal belongings.

**BY SIGNING BELOW, THE ABOVE REFERENCED AGREEMENT IS UNDERSTOOD AND
HEREBY ACCEPTED AND AGREED TO BY THE WRESTLER AND THE PARENT OR
LEGAL GUARDIAN NAMED IN THIS DOCUMENT.**

Wrestler

Parent/Guardian



USA wrestling

To whom it may concern,

I would like to introduce _____ . He/She is representing Team New Jersey at the USA Wrestling National Championships.

USA Wrestling/New Jersey is a volunteer organization serving the amateur wrestling community of New Jersey. We provide programs for young people who participate in wrestling, including coaching, transportation, housing, meals, entry fees and a training camp prior to their trips to the nationals. While USA Wrestling/New Jersey has raised a portion of the cost for the team, each wrestler must pay a significant portion of the expenses himself/herself. We are asking for your help in that effort.

Any contribution you make to assist this athlete in pursuing his/her dreams will be greatly appreciated. Please note that if you prefer your contribution to be tax deductible, you must write your check to the "USAW/NJ" account and not directly to the wrestler. The USAW tax-exempt number is 54-2172274.

Thank you for your generosity and commitment to this talented young person. It will go a long way in helping allow this athlete a rewarding educational opportunity and a chance to compete in the nation's most challenging and prestigious national wrestling competition at these age groups.

Sincerely,

Richard Santoli
State Chairperson of USA Wrestling/New Jersey

Mail donation check to:
USAWNJ
PO Box 479
Ramsey, NJ 07446



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