

South Dakota USA Wrestling - Heartland Duals Itinerary

Travel and Lodging: As stated on the registration application, it is the responsibility of the parent to get their wrestler to the event, or arrange another mode of transportation. Lodging is also the responsibility of the parent. Hopefully you were all able to secure a reservation at the team hotel (**Holiday Inn Express: 2211 S. 32nd St; Council Bluffs, IA**). You are welcome to stay elsewhere, as I am guessing there are not enough rooms for everyone.

Thursday; March, 28th:

4:00 to 8:30 pm – Mid America Center for weigh-ins. **Must make weight in singlet/skin ailments must have doctors release. Head gear is NOT required, but recommended. Teams DO NOT need to weigh in together.** More info will be sent prior to the event on the specific location of weigh-ins within the Event Center.

Event Center Address: Mid-America Center; 1 Arena Way, Council Bluffs, IA 51501

Alternates that are brought from States will be put on an Alternate team to the duals and compete within the tournament just like all the other teams. Alternates must be listed on their respective State team for potential use during the event. An Alternate from a State can be used for a different State to fill holes but that Alternate cannot score points in the dual. That Alternate will be counted as a forfeit. If your wrestler is not on Team 1 or 2 of the Elementary or MS boys teams, this is an option. Please contact Cory Neuharth by Friday; March 1st if your wrestler is interested. If we do not hear from you, we will consider this as a NO, and you will not be put on the roster.

Friday; March, 29th: Doors open at 6:30 am and wrestling begins at 8:00 am. Team coaches will make contact with you and let you know what time to show up in the morning for warm-ups, and what specific gym location your team will be at.

Saturday; March, 30th: Doors open at 6:30 am and wrestling begins at 8:00 am. Team coaches will make contact with you and let you know what time to show up in the morning for warm-ups, and what specific gym location your team will be at.

Team Communications: IMPORTANT We will use the app called “Team Reach.” This means of communication should hopefully be much quicker and efficient to communicate amongst all the teams and coaches. Please download and add yourself. Once you add the app, input the following code: **Hduals2024** . Group is called: **Heartland Duals 2024**.

Team Leaders Contact Information: Cory Neuharth: 605.645.1299 Ben Hellmann: 605.660.5589

Some have asked about team practices. We are not having any official team organized practices prior to the duals. We have tried before, and the logistics have become very difficult for everyone. We **HIGHLY ENCOURAGE** everyone to keep practicing with their respective clubs or teams leading up to the event. If some of you want to organize your own practices amongst others, that is fine!

Some have also asked about All-American status. It will be the responsibility of the team coaches to keep track of this. To be eligible for AA status a wrestler must....have a minimum of 6 matches and be undefeated.

Team Meeting: We will tentatively plan to have a quick team meeting in the “Ballroom” located within the event center. **Plan is to meet at 8:00 pm on Thursday night.** By having this time hopefully everyone will have had a time to eat and get back for the meeting. Will be so wrestlers and parents will know who the team coaches are and answer any questions. Should hopefully not take any longer than 15-20 minutes.