



2015 GR/FS season update

Major VAWA dates before Fargo

VAWA Cadet & Junior GR/FS state tournament - April 25 & 26, 2015 - Deep Run HS - Glen Allen, VA

VAWA Kids GR/FS state tournament - May 16, 2015 - Arthur Ashe Center - Richmond, VA

VAWA Junior Freestyle club duals - May 16, 2015 - Arthur Ashe Center - Richmond, VA

NOTE: We have elected to move the Cadet & Jr GR/FS state tournament to the weekend before Northeast regionals and the VAWA freestyle duals to the weekend after Mother's' Day for 2015. The late state tournament conflicted with many end-of-year school events and came between the Northeast and Southeast regional tournaments. We want our athletes to aim for the state tournament as a qualifier, then be able to shift their focus to the more competitive regional and national events in May, June and July. We will still have GR/FS tournaments in Virginia after the state tournament. Click on the calendar to see the list of events:

<http://www.virginiawrestling.com/page/show/965980-calendar>

VAWA will also have national team staff members at both the Southeast and Northeast regional championships. These coaches will be able to help athletes, parents and coaches with any wrestling related questions during the actual tournament. If a Virginia athlete needs a coach, our national team coaches will help if they are able, especially in the later rounds of the tournament. These coaches will help wrestlers understand the order of rounds, the layout of the tournament and any GR/FS specific questions. They are neither expected nor obligated to coach Virginia wrestlers. In the coming years, we hope to take an actual Virginia team, especially for athletes that do not travel with an established GR/FS club.

East Coast GR/FS Duals - June 6-7 2015 - Northeast HS - Pasadena, MD

NOTE: The top 2 placers at the VAWA Junior GR/FS state tournament will get right of first refusal for East Coast Duals. Due to travel costs and the proximity between Junior Duals and Junior Nationals, we will not be sending a team to the Junior Duals in Tulsa, Ok from June 23-27, 2015. VAWA staff: Sonny Close, Roy Hill, and other coaches TBD.

Cadet National GR/FS Duals - June 11-14 - York Expo Center Utz's Arena - York, PA

NOTE: We plan on sending TWO (2) teams to Cadet Duals this year since it is so close and will be much more affordable than the trip to Daytona Beach in years past. Please contact Cadet Director Ross Gitomer if you would like to be on one of these teams - gitomerr@stcva.org. VAWA staff - Ross Gitomer, Andrew Farrar and other coaches TBD.

VAWA GR/FS National Team Training Camp - July 8-11 - Virginia Tech - Blacksburg, VA

**** All national team members MUST attend this camp****

We are excited to be returning to Virginia Tech to prepare for Fargo. We will spend three nights and workout all four days. We encourage athletes that are not going to Fargo to come and train with us. We will focus on our National team members, but everyone will have the same opportunities to train and wrestle live. We will cap the total number and will only accept serious wrestlers that want to train with our best. The Va Tech staff has been very supportive and made last year's camp a great experience. We've even spoken to some VAWA alums on the Hokie roster who will be coming to a few of our sessions. If you are interested in attending, please email Andrew Farrar - asfarrar@gmail.com with "Fargo training camp" in email subject. VAWA staff: Andrew Farrar, Rob Prebish, Ben Summerlin, Mark Strickland, Sonny Close, Roy Hill, Bill Swink and other coaches TBD.





USA Wrestling Regional Tournaments plus UWW Cadet Nationals

USA Wrestling Northeast Regional Championships - May 2-3, 2015 - East Stroudsburg University - East Stroudsburg, PA. VAWA staff - Sonny Close and Ross Gitomer and other coaches TBD.

USA Wrestling Southeast Regional Championships - May 22-24, 2015 - Georgia World Congress Center - Atlanta, GA. VAWA staff - Andrew Farrar and other coaches TBD.

UWW University and Cadet Nationals - May 28-31, 2015 - Akron University - Akron, OH
**(formerly known as FILA Cadets) held in conjunction with University Nationals
VAWA staff - Rob Prebish, Mark Strickland and other coaches TBD.

Who is a UWW cadet? - (Who is a FILA cadet?)

The event also features competition for UWW Cadet age athletes (born 1998-2000) in Men's Freestyle and Greco-Roman. The champion in each UWW Cadet weight class qualifies to represent the United States at the 2015 UWW Cadet World Championships.

Can a cadet qualify for Fargo at this event?

Top four place winners at this event qualify for your state's Cadet national teams (above the state limit) in the style in which you qualify. This is only for athletes born in 1999 or 2000. Athletes born in 1998 do not qualify for their Cadet national team. Athletes must still adhere to all state policies and you qualify in the style in which you place. The ASICS/Vaughan Junior & Cadet National Championships will be held in Fargo, ND, from July 18-25.

National Team Qualification and Petition Process

Cadet & Junior GR/FS Fargo qualification process for Team Virginia 2015:

1. The top 2 finishers at the VAWA state GR/FS state tournament (with true 2nd).
2. Top 4 finishers at any USA Wrestling GR/FS regional championship.

NOTE: All athletes MUST attend one technique session in April or May (listed below) AND the Fargo training camp at Virginia Tech July 8-11.

Cadet & Junior GR/FS Fargo petition procedure for Team Virginia 2015:

We will accept petitions for \$100 each. We encourage athletes to compete in at least one regional tournament before considering a commitment to train and compete in Fargo for the first time. For first time national team members, the athlete's 2014-15 GR/FS results will be the most important factor followed by other national level experience, state tournament results, etc.





GR/FS training sessions and clinics

A VAWA national team coach will run a technique session before local tournaments to help everyone refine their GR/FS basics. We want to help athletes develop their technique throughout the spring and summer to be prepared for regional and national competition. These hour sessions will be held after weigh-ins, before the action starts and will also serve as a GR/FS warm-up for the tournament. We encourage all athletes, coaches, and parents to participate and learn more about the olympic styles.

NOTE: We will **NOT** require athletes to attend one of these sessions in order to participate on the 2015 Cadet & Junior national teams. However, we hope to have more formal GR/FS training sessions in 2016.

New Kent GR/FS tournament - April 4th - New Kent HS - VAWA greco-roman head coach Rob Prebish
NOVA I - April 12th - TC Williams High School - Alexandria, VA - Roy Hill
Ocean Lakes Tournament - April, 19th - Ocean Lakes HS - Virginia Beach, VA - Ben Summerlin
Roanoke Catholic FS/GR clinic - April 21st - 6-8:30pm - Roanoke Catholic HS - Roanoke, VA - Daryl Weber
VAWA FS/GR state tournament - April 25th & 26th - Deep Run HS - Richmond, VA - Chris Michael & Rob Prebish
VAWA FS club duals - May 16 - Arthur Ashe Center - Richmond, VA - Ross Gitomer, Mark Strickland

