

Iowa/USA Women's Wrestling National Team



Dear Wrestlers and Parents,

Congratulations! You will be representing Iowa at the 2018 Cadet & Junior National Championships, held in Fargo, North Dakota. The Cadet women's freestyle tournament weigh-in takes place on Friday, July 13th and competition runs July 14th & 15th. The Junior women's tournament weigh in is Monday, July 16th, with competition July 17th and 18th. Training camp will be July 6th-9th. Details are provided below.

FARGO EVENT

Cost: The cost to each female wrestler competing at Nationals is \$550 for one age division (cadet 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.****

Cadets are to check in with Coaches at the team hotel in FARGO by 3:30PM Friday, July 13th (weigh-ins are 5:30-5:45PM, no exceptions). Juniors need to arrive on site in FARGO by 5PM Monday evening July 16th. Juniors weigh-in at 6:30PM on 7/16. All athletes will weigh again with a 2# allowance on day 2 of age group competition.

**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. Contact Coach Bailey specifically to arrange housing at The Element for your family or for your athlete (athlete supervision will be provided). Athletes will not be allowed to participate if they are not housed at the team hotel.

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: **Grandview University;** Check-in at the Student Center; 2811 E 14th Street, Des Moines, Iowa

When: Wrestlers meet at camp on **Friday, July 6th at 1:00PM** and finish **Monday, July 9th at Noon.**

Packing List:

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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!

Cadet/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. While you are there, you can also pick up your copy of the 2018 ASICS Girl's All-American Team Poster for your home or club. Parents, please contact us if you have questions prior to camp or if something comes up during the week.

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