



# California USA Wrestling

## guided by the Olympic Spirit

California USA Wrestling is the national governing body for the sport of wrestling in the state of California and, as such, is its representative to USA Wrestling. Simply, California USA Wrestling is the central organization that coordinates amateur wrestling programs in the State of California, and works to create interest and participation in these programs. California USA Wrestling is a non for profit 501(c)3 corporation

### Local Association :

#### Northern California

[Bay Area Wrestling Association \(BAWA\)](#)

[Coastal Mountain Wrestling Association \(CMWA\)](#)

[Mount Diablo Wrestling Association \(MDWA\)](#)

[North Area Wrestling Association \(NAWA\)](#)

[Redwood Empire Wrestling Association \(REWA\)](#)

[Sacramento Area Wrestling Association \(SAWA\)](#)

[Santa Clara Valley Wrestling Association \(SCVWA\)](#)

#### Central California

[Central Valley Wrestling Association \(CVWA\)](#)

[Kern County Wrestling Association \(KCWA\)](#)

[Kings-Tulare Wrestling Association \(KTWA\)](#)

[Motherlode Wrestling Association \(MLWA\)](#)

[San Joaquin Wrestling Association \(SJWA\)](#)

#### Southern California

[California Age Group Wrestling Association \(CAGWA\)](#)

[Inland Empire Wrestling Association \(IEWA\)](#)

[Southern California Wrestling Association \(SCWA\)](#)

[San Diego- Imperial Kids Wrestling Association \(SDIKWA\)](#)

[San Diego Wrestling Association \(SDWA\)](#)

[Tri-Counties Wrestling Association \(TCWA\)](#)

## Schedule of State & Local Events



[\*\*www.ca-usaw.org\*\*](http://www.ca-usaw.org)

**JOIN TEAM USA TODAY!**

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novuss  
media™

"Once you've  
wrestled, everything  
else is easy."

-Dan Gable,  
Olympic Gold Medalist  
and two-time NCAA Champion



**SUCCESS STARTS HERE™**

[www.USAWrestling.org](http://www.USAWrestling.org)  
[www.TheMat.com](http://www.TheMat.com)



CLUB CONTACT INFORMATION



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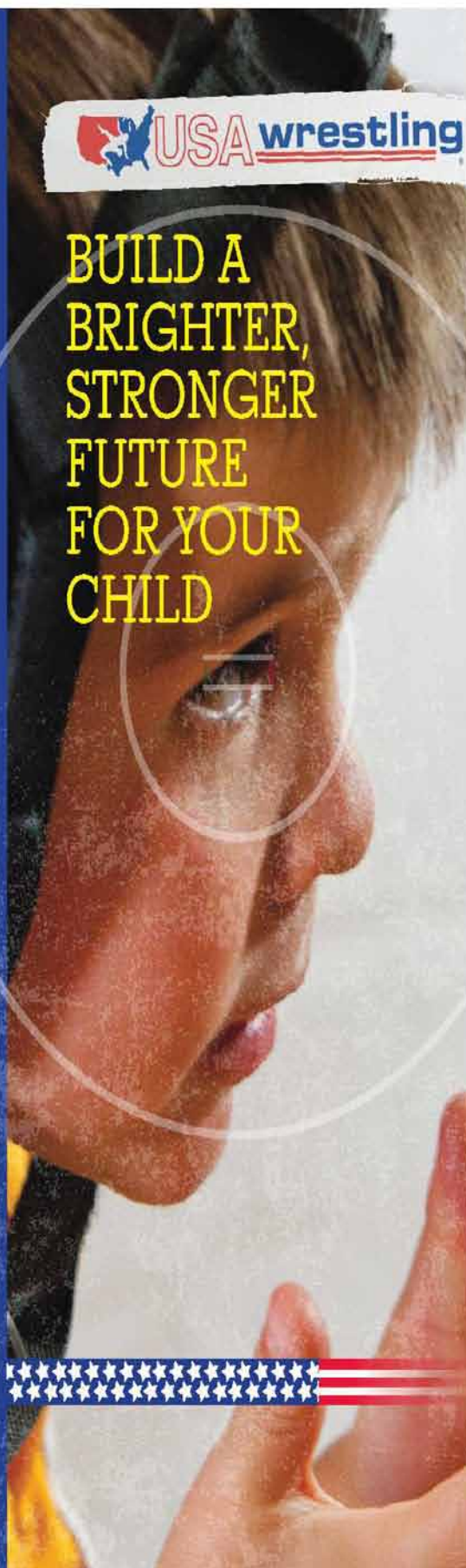
USA Wrestling

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(719) 598-8181

[www.USAWrestling.org](http://www.USAWrestling.org)  
[www.TheMat.com](http://www.TheMat.com)



**BUILD A  
BRIGHTER,  
STRONGER  
FUTURE  
FOR YOUR  
CHILD**



## LIFE LESSONS START ON THE MAT.

As a parent, you place your child's development ahead of everything. USA Wrestling does the same. Under the guidance of our certified coaches, your child will learn to handle challenges—both on and off the mat—leaving you amazed at their transformation during the course of a single season.

Ask the parents of any of our 155,000 members and they'll tell you that wrestling:

- Improves self confidence and the belief that anything is possible
- Teaches young people to respect themselves and others
- Promotes excellence and encourages athletes to set goals
- Builds personal accountability because the athlete alone is responsible for the outcome
- Develops integrity, discipline, and a strong work ethic—traits that will last a lifetime
- Exposes athletes to positive role models

Wrestling's alumni have gone on to achieve success in every field. Presidents, astronauts, authors, and respected business executives credit wrestling, and the life lessons learned on the mat, for their success.

At USA Wrestling, we believe our wrestlers will become elite at whatever they choose to do in life.



## GET YOUR START WITH USA WRESTLING—THE MOST COMPLETE WRESTLING ORGANIZATION IN THE UNITED STATES.

**The best coaching, officiating, training, and club support in a safe environment, with all the tools necessary to advance in wrestling and life.**

### The complete wrestling experience

USA Wrestling promotes all styles of wrestling to ensure that competitors develop into complete wrestlers who can bridge a variety of techniques for maximum success.

### Safe environment

Every USA Wrestling coach and official must pass a criminal background check.

### Comprehensive sports accident and liability insurance

Our industry-leading insurance covers member athletes, coaches, and officials.

### Top-flight competition

Your membership gives you access to over 40 USA Wrestling-sponsored regional and national events.

### Coaches education and certification

Our education and certification programs expose coaches to cutting-edge technique and training methods, which enhance our athletes' experience at every stage in their wrestling career.

### Opportunities for advancement

USA Wrestling's elite developmental programs offer domestic and international training and competitive opportunities to our Olympic hopefuls.

### An investment in wrestling at all levels

Your membership supports all levels and styles of wrestling—from local beginners' tournaments to the developing and training of our U.S. Olympic Team.

### Dedicated customer service for members

Our staff in Colorado Springs is available to answer questions about membership, tournaments, and insurance. Call us at (719) 598-8181.

### Additional USA Wrestling benefits

#### Annual subscription to USA Wrestler magazine

A feature-oriented publication providing information and content to coaches, fans, and wrestlers of all ages.

#### Free wrestling video

Each member receives \$35 of free downloaded video at [www.TheWrestlingGreats.com](http://www.TheWrestlingGreats.com)



USA Wrestling is a dynamic, growing organization dedicated to the advancement of amateur wrestling in the United States. Achieving this goal depends on the commitment of wrestling people like you—coaches, parents, athletes, officials, and volunteers.

Our organization offers resources that help everyone in wrestling perform their best. We provide support to coaches, industry leading insurance and safety programs, and a full schedule of local, regional, and national tournaments. USA Wrestling's commitment to you does not end there. Our team in Colorado Springs and your state association stand ready to assist you and your athletes in any way possible.

Thanks for your commitment to the sport. I look forward to seeing you on the mat!

Les Gutches

USA Wrestling  
Director of Program Development

**SUCCESS STARTS HERE™**

[www.USAWrestling.org](http://www.USAWrestling.org)  
[www.TheMat.com](http://www.TheMat.com)



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# California USA Wrestling Inc.

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California USA State Schedule of Events is published at:  
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**831-636-1569 831-636-3151 Fax**

**Website address: <http://www.ca-usaw.org>**

**California USA Wrestling: State Schedule of Events  
January 2012 Vol. No 1**

### State Chairman

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Email: [CUSTOMPRINTING@CHARTER.NET](mailto:CUSTOMPRINTING@CHARTER.NET)**

**California USA State Schedule of Events, the official publication of the  
Governing body for amateur wrestling, in the state of California The schedule  
is published once a year in January of each year by California USA Wrestling.  
It is mailed to approximately 23,000 households of members ,and supporters of  
the organization.**

### California USA Wrestling Inc Mission

**California USA Wrestling, Inc., (CA-USAW) is a non-profit corporation that  
promotes amateur wrestling in many forms to Californians of all ages. CA-US-  
AW educates the California public in both collegiate and international wres-  
tling styles,makes wrestling fun and exciting, provides well planned activities,  
and improves the quality of California wrestling at the competitive level.**



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**WRESTLING**

Be sure to follow us



## **State Chairman's Report: Duane Morgan, State Chairman**

Welcome back to California USA Wrestling, the National Governing Body for amateur wrestling in California. Speaking on behalf of your Board of Directors we are very proud to be chosen as representative for wrestling in California. We will continue to strive to be the best organization serving a wide array of athletes and volunteers in providing opportunities for athletes to achieve at their maximum potential.

This entire organization is volunteered based with all of the monies locally and statewide put back into the athletes in one form or another. Our one state employee is dedicated to the sole purpose of improving the organization and providing a great experience for athletes, coaches, parents and volunteers. As a state structure we do not take any monies from the local associations and guarantee no association director or person(s) benefit financially from the monies collected from the entry fees, concessions or gate fees at our local tournaments. The funds either go to the school or club to help benefit the athletes in those programs.

Last year we had a great championship series utilizing Selland Arena as much as possible to accommodate participants and spectators in a truly professional atmosphere. This practice will continue because we feel that providing an outstanding environment with quality competition is one of the main goals of our organization. We will continue to showcase our athletes and accommodate coaches in an arena setting and not in an overcrowded venue where access is limited and comfort is not at a premium.

Our regional and national teams had another banner year. The kid's regionals at Pocatello was again dominated by California athletes. We added a Cadet dual team to our contingency and they competed in five tournaments in an 8 day period-getting a big bang for their buck. More importantly they gained valuable experience and the Cadets made a definite statement to rest of the nation they were in Fargo to win. The Junior Division led by the nation's top prep wrestler Morgan McIntosh did a great job representing California. The Junior Dual Program brought home trophies in both Greco Roman and Freestyle while competing in Oklahoma City. Our Girls Division teams had an outstanding run for the week. They won the newly created Cadet Girls Division Championship and they won the Junior Division Individual Championship. We had two teams enter the Girls Division Dual Team Championship where they placed 1<sup>st</sup> and 3<sup>rd</sup>. A great week and we have plans to continue to bring more girls to Fargo gaining valuable experience and continue to be the national powerhouse for girls wrestling.

We are entering the 2012 Olympic cycle year and we have many talented California wrestlers representing the United States and potentially some of them may find their way to London wearing the red-white and blue at the Olympic Games. Jake Varner from Bakersfield High School and Tiana Padilla from Northview High School have both placed in World Championships in this quadrium and are diligently planning to reach one of their goals by making an Olympic Team and winning a gold medal at the Olympics. There will be more California wrestlers competing to gain that coveted Olympic spot on the team and we wish them all of the best of luck from California USA Wrestling.

Setting high goals and having a plan to reach those goals should be of prime importance. Their coaches, family and workout partners are all part of the plan to train, compete and encourage our young aspiring athletes to reach their full potential. Goals are important to set and re-evaluate daily and the results are the measurement of these goals, but most importantly, the journey to reach these goals is what will help define that athlete for the rest of his or her life.

We have a very exciting year planned out for the athletes, coaches and volunteers. Stay in touch with events and results for the year at our website: [ca-usaw.org](http://ca-usaw.org)

We are very proud to be the organization that represents amateur wrestling in California and we will continue to strive and adjust to meet the ever changing needs of our constituents. We will continue to move forward in a professional manner in the name of wrestling in California.

As always if you need to contact us email is the best conduit, please feel free to contact myself Duane Morgan [mduane5657@aol.com](mailto:mduane5657@aol.com) or Rob Valerio [calusarob@aol.com](mailto:calusarob@aol.com).

Have a great year and see you on the mat.

Duane Morgan  
State Chairman  
California USA Wrestling



**[www.ca-usaw.org](http://www.ca-usaw.org)**



## Jake Varner wins bronze meda at World Championships



A big part of Jake Varner's road to success will be accompanied by contributions and donations from fans like you. Learn more on our "donate" page.

By Craig Sesker USA Wrestling  
09/17/2011



Jake Varner won a World bronze medal on Saturday night. Larry Slater photo.

ISTANBUL, Turkey Jake Varner has made huge gains in his wrestling since his first trip to the World Championships in 2009. That was clearly apparent at the 2011 World Championships on Saturday night at the Sinan Erdem Dome.

The bigger, stronger and much-improved Varner capped a superb day by delivering the winning move late in the match to capture a bronze medal at 96 kg/211.5 lbs. Varner's mentor and close friend, 2004 Olympic champion Cael Sanderson, fell just short of a medal after placing fifth at 84 kg/185 lbs.

Varner knocked off Taimuraz Tigiyev of Kazakhstan 0-3, 3-2, 2-1 in the bronze-medal match at 96 kg/211.5 lbs. Varner countered a Tigiyev shot late in the third period and exposed his back to the mat for two points en route to earning the clutch victory.

I knew I had to keep attacking obviously to win the match, Varner said.

I knew he would get tired and I just kept wrestling hard. I was upset when I lost today, but I knew I had to go back out there tonight like I was wrestling for the gold.

Tigiyev beat Olympic and World champion Khadismourad Gatsalov of Russia earlier in this tournament. Tigiyev won an Olympic silver medal in 2008.

Varner reached the quarterfinals before falling to Turkey's Serhat Balci 1-0, 1-0 before a boisterous Turkish crowd at 96 kg/211.5 lbs. Balci advanced to the finals to pull Varner back in for the repechage. Balci fell to Iran's Reza Yazdani in the finals at 96 kilos.

Varner took advantage of his opportunity, pinning Rustam Iskandari of Tajikistan in 1 minute, 50 seconds in the repechage to advance to the bronze-medal match.

The 25-year-old Varner reached the quarterfinals of the 2009 Worlds before finishing ninth in his first trip to this event. Varner (State College, Pa./Nittany Lion WC) was a two-time NCAA champion for Iowa State.

LIFE SHOTZ™

Rip. Shake. Live.



Cadet, Junior, Senior

## Grappling

## State Championships

**Sunday, May 26, 2012**

Dos Pueblos High School  
7266 Alameda Ave  
Goleta, CA 93117

Contact Info: Anthony Califano,  
antcalbs@yahoo.com, OR 805-455-6506

Pre-registration at Trackwrestling.com. The fee is \$20.00

All competitors must have USA Card (themat.com) and proof of age  
Awards: Medals for top 3 in each weight.

Weight-ins: 4-5 PM on Saturday May 5  
and 9-10 AM on Sunday May 6

Rules Clinic: 10 AM

Competition: 11 AM

\*Weight Classes and Divisions for all women (Cadet/Junior/Senior):

Division	Weight class
ROOSTER	113.5
SUPER FEATHER	124.5
FEATHER	135.50
LIGHT	147.00
MIDDLE	158.00
MEDIUM HEAVY	169.00
HEAVY	180.00
SUPER HEAVY	191.00
SUPER SUPER HEAVY	Over 191.00



Weight Classes and Divisions for all men (Cadet/Junior/Senior):

Division	Weight class
ROSTER	122.5
SUPER FEATHER	135.50
FEATHER	149.00
LIGHT	162.00
MIDDLE	175.50
MEDIUM HEAVY	188.50
HEAVY	202.00
SUPER HEAVY	215.00
SUPER SUPER HEAVY	Over 215.00



\*There will be a beginning and advanced division depending on the number of competitors.

Match:

Time: 5 minutes

\*Points:

- Side Mount (2 points)
- Full Mount (3 points)
- Back Mount (4 points)
- Takedown (1 point)
- Escape (1 point)
- Sweep (1 point)

Jumping into guard (1 point for defensive grappler)

\*Scoring could change based on 2012 Grappling rules



## Bay Area Wrestling Association

covers the Bay Area Region including the following cities Marin, San Francisco County, San Mateo, Palo Alto, Hayward, Oakland, Vallejo, Livermore or [www.bawa.org](http://www.bawa.org) **Contact : Ricardo Garcia 408-910-5835**

### General Tournament Information

<p><u>Sunday March 11, 2012</u> <b>BAWA Middle School CHAMPIONSHIPS</b> Castro Valley H.S. 19400 Santa Maria Ave. San Leandro, CA 94546 Folkstyle Kids Ages 7-14 Bantam, Intermediate, Novice &amp; School Boy, High School, Open Register online at <a href="http://bawa.org">bawa.org</a> NO site Registration 7:00 to 8:00am Wrestling begins at: 9:00am</p>	<p><u>Friday April 13, 2012</u> <b>BAWA KIDS CHAMPIONSHIPS</b> Junipero Serra H.S. 451 W.20th Ave. San Mateo, CA 94403 Freestyle Kids Ages 7- 14 Bantam, Intermediate, Novice &amp; School Boy Register online at <a href="http://bawa.org">bawa.org</a> NO site Registration 4:00 to 5:00pm Wrestling begins at: 6:00pm</p>	<p><u>Saturday April 14, 2012</u> <b>BAWA High School &amp; Open</b> Junipero Serra H.S. 451 W.20th Ave. San Mateo, CA 94403 Freestyle &amp; Greco High School &amp; Open Register online at <a href="http://bawa.org">bawa.org</a> NO site Registration 7:00 to 8:00am Wrestling begins at: 9:00am</p>	<p><u>Saturday April 14, 2012</u> <b>BAWA Duals KIDS CHAMPIONSHIPS</b> Junipero Serra H.S. 451 W.20th Ave. San Mateo, CA 94403 Freestyle Kids Ages 7- 14 Bantam, Intermediate, Novice &amp; School Boy Register online at <a href="http://bawa.org">bawa.org</a> NO site Registration Only Wrestling begins at: 1:00pm</p>	<p><u>Fri. May. 4, 2012</u> 76th Far Western: San Francisco State University 1600 Holloway Avenue San Francisco, CA 94132 FR &amp; GR Juniors (9th-12th) &amp; Seniors (18+) Register online at <a href="http://bawa.org">bawa.org</a> NO site Registration 4:00 to 5:00pm Wrestling begins at: 6:00 pm</p>
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**\*HIGH SCHOOL CULTURAL EXCHANGE TRIP TO CUBA: April 6-15, 2012 Contact : Ricardo Garcia 408-910-5835**

**ASSOCIATION TEAM TRAINING CAMP:  
SERRA H.S. TUE, WED & THU  
May 15, 16 & 17, 2012  
4:00 pm - 6:00 pm**



Saturday June 9, 2012  
**BAWA Regional Tun up**  
Oakland Tech H.S.  
4351 Broadway  
Oakland, CA 9461  
Kids Ages 7-14 & High School/Open  
Register online at [bawa.org](http://bawa.org)  
NO site Registration  
7:00 to 8:00 am  
Wrestling begins at: 9:00am

# LIFE SHOTZ™

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## Coastal Mountain Wrestling Association

Covers : Sonoma/Marin counties, Middletown, St. Helena, Ukiah, and surrounding areas. Contact : Chris Feder 415-517-1351  
[hitthegym@earthlink.net](mailto:hitthegym@earthlink.net)

### General Tournament Information

<p><u>Sunday January 8<sup>th</sup>, 2012</u> Piner Piggy Back Piner High School 1700 Fulton Rd. Santa Rosa, CA 95403 (North Bay Quickfall) Ages: All ages Pre-High School Pooled Weights/Divisions Style: Folkstyle-Round Robin Weigh-Ins: 7-8am-Cost: \$12 Contact: Tony Albini, <a href="mailto:albini4@sbcglobal.net">albini4@sbcglobal.net</a> 707-696-1275</p>	<p><u>Saturday, March 10, 2012</u> Valley Freestyle Wrestling Tournament Maria Carrillo High School 6975 Montecito Blvd., Santa Rosa, Ca, 95409 Ages: PW,K,C,J,O,W Style: Free Style/Folk Style/Greco-Round Robin Weigh-Ins: 7-8am (Pee Wee-Schoolboy) Weigh-Ins: 10-11 (Cadets &amp; Up) Cost: \$12 Contact: Tim Bruce <a href="mailto:suprbruc@pacbell.net">suprbruc@pacbell.net</a> (707) 707-484-7727</p>	<p>For wrestlers competing in both Greco &amp; Freestyle the fee is \$20.00/ wrestler/tournament USA Wrestling cards required for all events.</p>
<p><u>Sunday January 15<sup>th</sup>, 2012</u> Marin Catholic Kids Event by Brawlers WC Marin Catholic High School 675 Sir Francis Drake Blvd, Kentfield Ca, 94904 Ages: All ages Pre-High School Pooled Weights/Divisions Style: Folkstyle-Round Robin Weigh-Ins: 7-8am-Cost: \$12 Contact: Chris Feder <a href="mailto:Hitthegym@earthlink.net">Hitthegym@earthlink.net</a> (415) 485-0663</p>	<p><u>Saturday- March 17, 2012</u> Cardinal Newman High School 50 Ursuline Rd Santa Rosa, CA 95403-1791 Ages: PW,K,C,J,O,W Style: Freestyle; Greco-Roman Weigh-Ins: 7-8am (Pee Wee-Schoolboy) Weigh-Ins: 10-11 (Cadets &amp; Up) Cost: \$12 Contact: Pancho Manriquez <a href="mailto:fmanri1053@hotmail.com">fmanri1053@hotmail.com</a></p>	<p><u>Saturday, March 24, 2012</u> Windsor WC Tourney Windsor High School 8695 Windsor Rd., Windsor, CA, 95492 Ages: PW,K,C,J,O,W Weigh-Ins: 7-8am (Pee Wee-Schoolboy) Weigh-Ins: 10-11 (Cadets &amp; Up) Styles: Freestyle/Greco-Roman Cost: \$12 Contact: Janeva Silva <a href="mailto:windsorwrestlingclub@comcast.net">windsorwrestlingclub@comcast.net</a> (c) (707) 688-0426 (h) 707-542-2120</p>
		<p><u>Saturday, April 14, 2012</u> <b>Coastal Mountain Freestyle &amp; Greco Championships</b> by Brawlers WC Marin Catholic High School 675 Sir Francis Drake Blvd. Kentfield, CA 94904 Ages: PW, K, C, J, O, W, Pooled Weights Weigh-Ins: 7 - 8 am (Pee Wee-Schoolboy) Weigh-Ins: 10 - 11 am (Cadets &amp; Up) Styles: Freestyle; Greco; Grappling Cost: \$12 - \$20 for two styles Contact: Chris Feder <a href="mailto:Hitthegym@earthlink.net">Hitthegym@earthlink.net</a> (415) 485-0663</p>



**Saturday March 31<sup>st</sup> ~ OPEN**

## Mount Diablo Wrestling Association

covers: Antioch, Brentwood, Concord, Danville, Oakley, Pittsburg, Pleasant Hill, Livermore and surrounding areas Association

Contact :Greg Chappel (831) 595-6008

### General Tournament Information

January 29, 2012

(Folkstyle)

Liberty High School  
850 2nd St.  
Brentwood, CA 94513  
Yogi Leake  
925-207-4549

March 10, 2012

(Folkstyle)

Freedom High School  
1050 Neroly Rd  
John Parsons  
925-525-2520

March 24, 2012

(Freestyle and Greco)

Deer Valley High School  
4700 Lone Tree Way  
Antioch, CA 94509  
Rich Madrigal  
925-778-3264  
925-628-3222 (cell)

March 31, 2012

(Freestyle and Folkstyle)

College Park High School  
201 Viking Drive  
Pleasant Hill, CA 94523  
Corey Salmon :925-954-8308

April 14, 2012

(Freestyle and Greco)

CYC  
Galaxy Court  
Concord, CA  
Mark Halvorson  
925-671-7070

April 21, 2012

(Freestyle and Greco)

Liberty High School  
850 2nd St.  
Brentwood, CA 94513  
Greg Chappel  
831-595-6008

MDWA CHAMPIONSHIPS

May 5, 2012

Granada High School  
400 Wall Street  
Livermore, CA 94550

Freestyle and Greco  
Ken Corburn 925-818-2008

CHAMPIONSHIPS INFOR:

See below for more information.  
Peewee, Bantam, Midget, Novice,  
Schoolboy/girl, Cadet, Juniors &  
Open - Pooled weights  
Entry Fee: \$15 FR/\$20 both styles  
Freestyle Awards: T-Shirts  
Greco Awards: Medals



WE BUILD CHAMPIONS™

Current USA card required available through your club for \$35.00 or \$45.00 if purchased at a MDWA tournament. If you need to purchase a USA card at a tournament and you are under 18, please bring a parent or guardian to sign the waiver/permission forms.

Weighins: 7:00 to 8:00 a.m. (pooled weights in each age group) \$5.00 late weigh-in fee Optional weigh ins: 7:00 to 8:00 p.m. Friday evening at the tournament site.

Entry Fee: \$10 for 1st style, \$5 for 2nd style

Wrestling begins: 8 & under, 9:00 a.m. all other divisions at 10:00 a.m.

Divisions: Kids, Cadets, Juniors, & Open Styles: Freestyle/Folkstyle/Greco (Look at each event for styles)

Licensed Mat & Pairing Officials working tournaments will be eligible for stipends for their assistance.

**Ken Chertow  
Wrestling**

**Fall & Winter  
Training Camps**



## North Area Wrestling Association

NAWA covering Chico, Red Bluff, Redding, Orland and surrounding area Association Contacts: Brett Southwick (530) 518-9205, Keith Rollins (530) 864-3702, Dave Rottenberg (530) 527-2468

March 24, 2012

Red Bluff High School  
1260 Union St.  
Red Bluff, CA 96080  
Dave Rottenberg  
(530) 527-2468



March 31, 2012

Orland High School  
101 Shasta Ave.  
Orland, CA 95963  
Victor Perry  
(530) 865-3168

April, 14, 2012

Las Plumas High School  
2380 Las Plumas Ave  
Oroville CA 95966  
Butch Hindman  
(530) 534-3013

April, 7, 2012

Chico High School  
901 Esplanade  
Chico, CA 95926  
Keith Rollins  
(530) 864-3702

April 21, 2012

Foothill High School  
9733 Deschutes Rd.  
Palo Cedro, CA 96073  
Dan Lakmann  
(530) 945-0114

General Tournament Information

May 5, 2012

\*NAWA Championships\*

Shasta High School  
2500 Eureka Way  
Redding, CA 96001  
Jet Thomas  
(530) 244-3796



May 12, 2012

Sutter Union High School  
2665 Acacia Av  
Sutter, CA 95982  
Jared Slack (530) 218-0860

Weigh-Ins: 7:00 am-8:15am

Clinic: 9:00 am

Wrestling Begins: 9:15 am

Entry Fee: \$10.00 (one style)

Additional \$5.00 (second style)  
There is a onetime \$2.00 fee for a  
NAWA weigh-in card.

NAWA Championships fee:

\$13.00 (1st style), \$7.00 (2nd style)  
Spectator Fee: \$1.00 (adults only)

In order to offer better balanced competition, we will pool weight classes using USAW guidelines.

Certified officials will be paid a percentage of the entry fees.

## Sacramento Area Wrestling Association

covers Elk Grove, Grass Valley, Loomis, Rocklin, Woodland, and surrounding areas. Association Contacts: Don Martinez, 916-807-4496 or sawaprez@hotmail.com **General Tournament Information**

<p><u>Sunday January 15, 2012</u> Woodcreek <b>Folkstyle</b> Woodcreek High School 2551 Woodcreek Oaks Blvd Roseville, CA 95747 Butch Shropshire 916-847-7583</p> <p><u>Sunday January 22, 2012</u> Bella Vista <b>Folkstyle</b> Bella Vista k High School 8301 Madison Ave Fair Oaks, Ca. 95628 Mike Lee mlee@sanjuan.edu</p> <p><u>Sunday January 29, 2012</u> <b>SAWA KIDS CHAMPIONSHIPS</b> <b>Folkstyle</b> Natomas High School 3301 Fong Ranch Rd (formerly Rosin Blvd.) Sacramento, CA 95834 Don Martinez, III 916-807-4496 sawaprez@hotmail.com Weigh-ins Sat. 6-8pm and Sun. 6-8am Sunday</p>	<p><u>Sunday February 5, 2012</u> Casa Roble <b>Folkstyle</b> Casa Roble High School 9151 Oak Ave Orangevale, CA 95662 Rene Delgado 916-221-0057</p> <p><u>Sunday February 12, 2012</u> St. Valentine's Day Massacre <b>Folkstyle</b> Vacaville High School 100 W. Monte Vista Ave Vacaville, CA 95688 Rich Penaluna 707-628-4615 mdpenlun@comcast.net Weigh-ins Sat. 6-8pm Last weigh-ins Sun. 6:30-8am</p> <p><u>Sunday February 19, 2012</u> George A. Buljan Middle School <b>Folkstyle</b> 100 Hallissy Dr Roseville, CA 95748 Ryan Harris-562-458-0186</p>	<p><u>Saturday March 17, 2012</u> <b>Freestyle</b> Franklin High School 6400 Whitelock Pkwy Elk Grove, CA 95757 (tournament will also have Greco) James Wells 609-868-3602</p> <p><u>Saturday March 24, 2012</u> <b>Freestyle</b> Nevada Union High School 11761 Ridge Rd Grass Valley, CA 95945 Brett Fariss 530-477-1359 <b>Tournament will also have Greco</b></p> <p><u>Saturday March 31, 2012</u> <b>CLUB CHAMPIONSHIPS</b> Del Camo High School 4925 Dewey Dr. Fair Oaks, Ca. 95628 Garret Lane-916-521-4354 Note: ANY wrestler can wrestle at the club championships. To qualify for team trophies you must be chartered and fax a roster to at 916-521-4354 OR Don Martinez sawaprez@hotmail.com</p>	<p><u>Saturday April 14, 2012</u> Casa Roble High School 9151 Oak Ave Orangevale, CA 95662 Rene Delgado 916-221-0057 (tournament will also have Greco)</p> <p><u>Saturday April 21, 2012</u> Woodland High School 21 North West Rd Woodland, CA 95688 Oscar Romero 530-681-5739 jessrose@dcn.org (tournament will also have Greco)</p> <p><u>Saturday April 28, 2012</u> <b>SAWA CHAMPIONSHIPS</b> Natomas High School 3301 Fong Ranch Rd. (formerly Rosin Blvd) Sacramento, CA 95834 Don Martinez, III 916-807-4496 sawaprez@hotmail.com (any wrestler can wrestle at the SAWA Championships)</p>	<p><u>Saturday May 05, 2012</u> Granite Bay High School One Grizzly Way Granite Bay, CA 95746 Mike Lynch 916-786-8676 #5314 mlynch@rjuhsd.k12.ca.us (tournament will also have Greco)</p> <div style="border: 1px solid red; padding: 5px;"> <p>Weigh-ins: 6:30 am-8:00 am Open division ends at 10:00 am Wrestling starts approx. 9:30 am, Cost: \$10.00 each style Folkstyle and Club Championships \$15.00, SAWA Championships \$20 Divisions: K,C,J,O All tournaments require a USA Wrestling Card. Buy cards online at themat.com. <b>Any wrestler can compete at the SAWA Championships; you do not have to qualify. Complete information at sawawrestling.com</b></p>  </div>
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## Redwood Empire Wrestling Association

covers Arcata, Crescent City, Eureka, Fortuna, Hoopa, and surrounding areas. Association Contacts: Tim Nickols, 707 633-6107

<p><u>January 22, 2012</u> <b>Folkstyle Kids Only</b> EUREKA Eureka High School Jack Norton 707/845-2422 1915 "H" Street Eureka, CA 95501</p>  	<p><b>General Tournament Information</b></p> <p><b>WRESTLERS MUST SHOW USA WRESTLING CARD</b> Wrestlers may only wrestle in "1" weight class <b>per wrestling style.</b> <i>With the exception of a Cadet wrestler that is in</i></p>	<p>Entry Fees: \$8.00 Weigh Ins: 7 am-9 am <b>Wrestling Starts: 10am</b> Medals for 1<sup>st</sup>-3<sup>rd</sup> places including 4<sup>th</sup> place for Pee Wee's and Bantams's</p>
<p><u>March 10, 2012</u> DEL NORTE Del Norte High School Roger Boulby 707/465-3390 1301 El Dorado Crescent City, CA 95531</p> <p><u>March 17, 2011</u> FERNDALE Ferndale High School Jesse Bigger 707/764-1717 1231 Main Street Ferndale, CA 95536</p>	<p><u>March 24, 2012</u> HOOPA/KTWC Hoopa High School Josh McKnight 530/629-2128 11400 Hwy 96 Hoopa, CA 95546</p> <p><u>March 31, 2012</u> FORTUNA Fortuna High School Allison Medeiros 707/725-5292 379 12<sup>th</sup> Street Fortuna, CA 9554</p>	<p><u>April 14, 2012</u> McKINLEYVILLE McKinleyville High School Virgil Moorehead 707/839-8627 1300 Murray Road McKinleyville, CA 95519</p> <p><u>April 21, 2012</u> EUREKA Eureka High School Jeanette Detherage 707/444-8105 1915 "H" Street Eureka, CA 95501</p>
		<p><u>April 28, 2012</u> <b>REWA</b> <b>Freestyle</b> <b>Championships</b> ARCATA Arcata High School 1720 M Street Arcata, CA 95521 Tim Nickols 707 633-6107</p>

## Central Valley Wrestling Association

covers Clovis, Fresno, Madera, Sanger and surrounding areas Association Contacts: Richard Martinez 559-906-5399 [spartanac@comast.net](mailto:spartanac@comast.net)

### General Tournament Information

March 31, 2012

The Joust  
Bullard High School  
5445 N. Palm Avenue  
Fresno CA 93704  
Contact: Gary Quintana  
559-978-9839

April 21, 2012

The West Fresno Brawl  
Washington Union High School  
6041 S Elm Ave,  
Fresno, CA, 93706  
Contact: Freddie Yancey  
559-341-5102



Central Valley Wrestling Association

Championships

Freestyle and Greco

May 26, 2012

The Dennis Deliddo  
Clovis East High School  
2940 Leonard Ave.  
Clovis, CA 93611  
Contact: Richard Martinez 559-906-5399

Central California  
Wrestling Championships

May 27, 2012

The Dennis Deliddo  
Clovis East High School  
2940 Leonard Ave.  
Clovis, CA 93611  
Contact: Richard Martinez 559-906-5399

Weigh ins Friday Night :

6:00 pm-8:30 pm

Weigh ins Saturday ONLY

Weigh ins. 6:30 am- 8:00 am

NOTE: Cadet, Junior and Open divisions will begin @ 1:00 p.m with an additional weigh-in @ 12:00 noon

Entry Fee: \$10.00

1st style entered

Entry Fee: \$ 5.00

2nd style entered

Divisions: KCJOW

Styles: Freestyle Greco Roman

Tournament Schedule:

Rules Clinic: 9:30 am

Wrestling Starts: 10:00am

Rookies and Bantams 10:30

Novice & Intermediate 11:00

Schoolboy & Cadets

April 7, 2012

The Westside Rumble  
Firebaugh High School  
Morris Kyle Dr  
Firebaugh, CA. 93622  
Contact: Bill Magnusson  
559-706-2959

May 12, 2012

The Highland Games  
McLane High School  
2727 N. Cedar,  
Fresno, CA, 93703  
Contact: Guillermo Villarreal  
(559) 930-3401

April 14, 2012

The Madtown Throwdown  
Madera High School  
200 South L Street  
Madera, Ca. 93638  
Contact: Richard Martinez  
559-906-5399

May 19, 2012

The Big Dog Battle  
Hanford West High School  
1150 W Lacey,  
Hanford, CA 93230  
Contact: James MacDonald  
559-244-9814

## Santa Clara Valley Wrestling Association

covers: Hollister, Los Gatos, Morgan Hill, San Jose, Santa Clara, Soquel, Santa Cruz, and surrounding areas. Association Contacts: Roberto Dixon 831-524-4017

General Tournament Information WEB SITE: [catcode.com/scvwa/](http://catcode.com/scvwa/)

FOLKSTYLE KIDS ONLY

December 11, 2011

KIDS EARTHQUAKE CLASSIC

Hollister High School  
1220 Monterey St  
Hollister, Ca 95023  
Brian DeCarli  
831- 637-5831 ext.283  
[bdecarli@sbhsd.k12.ca.us](mailto:bdecarli@sbhsd.k12.ca.us)

FOLKSTYLE KIDS ONLY

December 18, 2011

HALLEY'S COMET

James Lick High School  
57 N. White Rd  
San Jose, Ca 95122  
Ray Jimenez  
408-729-9555 or 'imenezr@

org  
FOLKSTYLE KIDS ONLY

January 8, 2012

GRIZZLEY CLASSIC

Watsonville High School  
250 East Beach St.  
Watsonville , Ca 95076  
Greg Garcia-831-818-8095  
[Gary\\_garcia@pvusd.net](mailto:Gary_garcia@pvusd.net)



FOLKSTYLE KIDS ONLY

January 15, 2012

THE BLACK PANTHER CLASSIC

Christopher High School  
850 Day Rd  
Gilroy Ca 95020  
Alexis Lara  
408-427-2180  
[chato152@yahoo.com](mailto:chato152@yahoo.com)

FOLKSTYLE KIDS ONLY  
S.C.V.W.A.

KIDS CHAMPIONSHIPS

February 15, 2012

Wilcox High School  
3250 Monroe  
Santa Clara, Ca 95051  
Ted Pettigrew  
408-726-3702  
[Ted.Pettigrew@headway.com](mailto:Ted.Pettigrew@headway.com)

March 24, 2012

EAGLE EYE CLASSIC

Oak Grove High School  
285 Blossom Hill Rd  
San Jose, Ca 95123  
FREESTYLE/GRECO  
Bruce Shelton 408-396-1701  
[sheltonb@esuhsd.org](mailto:sheltonb@esuhsd.org)

March 31, 2012

HALLEY'S COMET

James Lick High School  
57 N. White Rd  
San Jose, Ca 95122  
FREESTYLE/GRECO  
Ray Jimenez  
408-729-9555  
[jimenezr@esuhsd.org](mailto:jimenezr@esuhsd.org)

April 7, 2012

GRIZZLEY CLASSIC

Pajaro Valley High School  
500 Harkins Slough Rd  
WATSONVILLE, Ca 95076  
FREESTYLE/GRECO  
Jim Lucas-831-239-9156  
[woridchamp1@hotmail.com](mailto:woridchamp1@hotmail.com)

April 14, 2012

FIRE BIRDS CLASSIC

Fremont High School  
1279 Sunnyvale  
Sunnyvale, Ca 94087  
FREESTYLE/GRECO  
Daniel McCune  
408-859-8834  
[daniel\\_mccune@fuhsh.org](mailto:daniel_mccune@fuhsh.org)

April 21, 2012

Birds of Prey

Oak Grove High School  
285 Blossom Hill Rd  
San Jose, Ca. 95123  
FREESTYLE/GRECO  
Bruce Shelton  
408-396-1701  
[sheltonb@esuhsd.org](mailto:sheltonb@esuhsd.org)

May 5, 2012

The Saint Classic

Santa Teresa High School  
6150 Snell ave  
San Jose, Ca 95123  
FREESTYLE/GRECO  
George Barajas  
408-717-1190

WEIGH-INS: 7:00 - 8:30 A.M.

REGISTRATION: 7:00 - 8:30 A.M.

RULES CLINIC: 9:00 A.M.

WRESTLING STARTS: 9:30 AM

USA CARDS: MUST BE PURCHASED ONLINE (ONE TIME FEE PER SEASON) [www.themat.com](http://www.themat.com)

ENTRY FEE: \$15.00 FOR ONE

STYLE: \$5.00 FOR ADDITIONAL STYLE: \$5.00 LATE REGISTRATION CHARGE DIVISIONS: BANTAM, INTERMEDIATE, NOVICE, SCHOOLBOYS/GIRLS, CADETS, JUNIOR & OPEN

NOTE TO ALL: TO HELP OUR TOURNAMENT RUN SMOOTHLY, THE ASSISTANCE OF OUR PARENTS AND FRIENDS IS NEEDED AND APPRECIATED. SEE THE TOURNAMENT DIRECTOR TO FIND OUT WHERE YOU CAN HELP OUT.

May 26, 2012

SCVWA CHAMPIONSHIP

Santa Cruz High School

415 Walnut Ave

Santa Cruz, Ca 95060

FREESTYLE/GRECO

John Corona-831-4295246

[SANTACRUZWRESTLE@AOL.COM](mailto:SANTACRUZWRESTLE@AOL.COM)

## Kern County Wrestling Association

**covers: Arvin, Bakersfield, Edwards, Tehachapi, Wasco, Delano and surrounding areas Association Contacts Sandy Odom 1-866-469-9459**

### General Tournament Information

#### March 10, 2012

Wasco High School  
(Folkstyle)  
1900 Senenth St  
Wasco Calif 93280  
Contact :Dustin Clark  
661 340 9061

#### March 24, 2012

Golden Valley High School  
(Folkstyle)  
801 Hosking Ave ,  
Bakersfield, Ca 93307  
Contact : Aaron Wherry  
661-472-0749

#### March 31, 2012

Foothill High School  
(Freestyle)  
501 Park Drive  
Bakersfield, Ca 93308  
Contact : Phil Marquez  
661-428-5149

#### April 14, 2012

Coyote Classic  
(Freestyle)  
Shafter HS  
526 Mannel Ave  
Shafter, Calif 93263  
Contact Rhonda Moore  
661 327 7154

\$20.00 entry fee  
Trophy for first place,  
Medals 2nd - 4th

#### April 21, 2012

Frontier High School  
(Freestyle)  
6401 Allen rd,  
Bakersfield, Ca  
Contact : Rhonda Moore  
661-327-7154



#### April 28, 2012

Arvin High School  
(Freestyle)  
900 Varsity Rd,  
Arvin, Ca 93203  
Contact; Ed Machado  
661-444-5757



#### May 5, 2012

Roadrunner Classic  
Cal State Bakersfield  
(Freestyle)  
Icardo Center  
9001 Stockdale Hwy  
Bakersfield, Ca. 93311  
Contact :Mike Mendoza  
661-331-2804  
\$20 entry fee  
Trophy for 1st  
Medals 2nd-4th

#### May 19, 2012

Tehachapi High School  
(Freestyle)  
801 S. Dennison  
Tehachapi, Ca 93561  
Contact : Curtis Nelson 661-8232-8428



**Entry fees:** Local is \$10.00

**Entry fees:** KCWA Championships is \$15.00 for KCWA Members. \$20.00 for NoN Members

**Weigh ins:** Fridays from 6 pm-8pm

**Weigh ins:** Saturday 6:30 am-8 am

**Wrestling starts:** at 9am

#### May 26, 2012

KCWA CHAMPIONSHIPS  
(Freestyle)

Ridgeview High School  
8501 Stine Road,  
Bakersfield, Ca.

Contact : Fred Wong  
661-247-3166

Entry Fee : KCWA - 15.00  
NON-KCWA \$ 20.00

Throphy for 1st / medals for 2-4

## Kings Tulare Wrestling Association

**covers: Corcoran, Dinuba, Porterville, Tulare, Visalia, and surrounding areas. Association Contact Dave Watts 559-471-6676 or dwatts@vusd.org**

### General Tournament Information

#### March 31, 2012

Tulare Titans  
Mission Oak High School  
3442 Bardsley  
Tulare, CA 93274  
Zee Enriquez 559-804-7381

#### April 7, 2012

Ranger Wrestling Club  
Redwood High School  
1001 W. Main St  
Visalia, Ca, 93291  
Dave Watts 559-471-6676

#### April 14, 2012

Exeter XMen  
Exeter High School  
820 San Juan Ave  
Exeter, CA 93221  
Mike Jones 559-594-9494

#### April 21, 2012

KLAWS  
Porterville High School  
465 W. Olive Ave  
Porterville, Ca. 93257  
Tim Vanni 559-781-8319

#### May 5, 2012

Farmboyz Wrestling Club  
West Hills College  
555 College Dr  
Lemoore, Ca. 93245

#### May 12, 2012

Tulare Elite  
Mission Oak High School  
3442 Bardsley  
Tulare, CA 9327  
John Navarro 559-924-9194

#### May 19, 2012

Farmboyz Wrestling Club  
West Hills College  
555 College Dr  
Lemoore, Ca. 9324

Friday Folkstyle  
West Hills College  
555 College Dr.  
Lemoore Ca. 93245  
All tournaments will be held the  
Friday before a KTWA tournament.  
Cost is \$5.00 per wrestler Must have  
USA Card  
Weigh ins 4-5 PM  
Wrestling from 5-8 or to completion

Dates:  
March 23  
March 30  
April 6  
April 13  
April 20  
May 4  
May 11  
May 18



**Entry Fee:** \$10.00

**Championships** \$20.00

**Registration:** Morning of tournament on site

**Weigh ins:** 7am-8am day of tournament on site

**Weight Classes:** USA wrestling weight classes

**Divisions:** Rookie, Bantam, Intermediate, Novice,  
School Boy, Cadet, Junior, Open

**Medals:** 1<sup>st</sup>-3<sup>rd</sup> place

USA Cards will NOT be available on site. Must have  
a card at registration.

### Saturday May 26, 2012

Kings Tulare  
Association Championships  
Open Only to KTWA Members

Golden West High School  
1717 N. Mc Auliff  
Visalia, Ca. 93292

Richard Sanchez 209-613-4856  
\$20.00 entry fee.

# San Joaquin Wrestling Association

SJWA covers Stockton, Tracy, Modesto, Oakdale, Turlock, Atwater, Merced, Los Banos and surrounding areas. Association Contacts: Josh Adams 209-765-5203 or [jiadams8@yahoo.com](mailto:jiadams8@yahoo.com) **General Tournament Information**

## Saturday March 24, 2012

Pacheco High School  
1200 N Ward Ave  
Los Banos, CA 93635  
Mike Singh 209-489-8118

## Saturday March 31, 2012

Buhach Colony H.S.  
1800 Buhach Rd.  
Atwater, CA 95301  
Eric Osmer  
(209) 201-9400

## Saturday April 7, 2012

Turlock High School  
1600 E. Canal Dr.  
Turlock, CA 95380  
Mike Contreras  
(209) 209-678-1240

## Saturday April 14, 2012

TBA

## Saturday April 28, 2012

Bear Creek High School  
10555 Thornton Rd.  
Stockton, CA 95209  
Harold Bacich  
209-423-7279

## Saturday May 5, 2012

Central Valley High School  
4033 S. Central Ave  
Ceres, CA 95307  
Jorge Saucedo  
209-765-6695

## Saturday May 26, 2012

SJWA Freestyle Championships  
Wrestlers must qualify. See note below.

Livingston High School  
101 F St.  
Livingston, CA 95334  
Freestyle Only

Josh Adams 209-765-5203

\*\*Points accumulated throughout the SJWA local freestyle season tournaments will determine the top four wrestlers per weight in each age group (Bantam, Intermediate, Novice, and Schoolboy/girl). These four wrestlers will be invited to the SJWA Championships to wrestle for the association championship quality custom awards, (first through third place and a fourth place medal will be awarded). Rookie, Cadet, Junior, and Senior Divisions are open to all wrestlers.

**Entry Fee:** \$10.00 for each style. USA Wrestling Cards Competitor: \$40, bought on line only

### Weigh-ins and Schedule:

7:00 am-8:00 a.m. - Weigh-ins

8:45 a.m. - Rules Clinic

Greco (All Divisions) starts 9:00am.

Freestyle starts 9:30am (Rookies, Bantam, Intermediate, Novice, Schoolboy/girl).

**Second Weigh-in:** for Cadet, Junior, Seniors Freestyle 10-11am. Freestyle wrestling starts 12:00pm (Cadet, Junior, Senior)

9:30 a.m.- Wrestling Begins

### Admission

Adults - \$5.00 Children 12 and under- \$2.00

**Coaches:** A coach's band is required to coach on the mat at all tournaments. To receive a band, coaches must show proof of USA membership, bronze level certification, and Picture ID



**NOTE TO ALL:** To help our tournaments run smoothly, the assistance of our parents and friends is needed and appreciated. See the Tournament Director to find out where you can help out.

# MotherLode Wrestling Association

covers Amador, Calaveras, Tuolumne, and Sonora Counties surrounding areas. Association Contacts Toni Brown, 209-257-0274 [TB0027@att.net](mailto:TB0027@att.net) or [tb0027@aol.com](mailto:tb0027@aol.com), also CC the following email [Motherlodewrestlingassociation@gmail.com](mailto:Motherlodewrestlingassociation@gmail.com)

## Sunday December 4<sup>th</sup> 2011

AMA ~ TOC qualifier  
Bret Harte H.S.  
364 Murphys Grade Road  
Angels Camp, CA 95221  
Todd Sherrow 209-256-3957  
Dave Barnes 209-795-0738

Tournaments are USA Wrestling Sanctioned. USA Athlete Cards are required. Please use MLWA Association when purchasing your USA Card ONLINE ONLY. Absolutely NO cards available onsite.

**Spectator Fee:** \$5.00 Adults \$2.00 Students Under 6 FREE DOORS OPEN: 7:00 AM Brackets will be posted prior to doors opening!  
WRESTLING STARTS: 8:00 AM Be Prepared and ready by 7:45am!

**COACHING:** USA Coaches cards are required to waive spectator's fee or for floor access. MUST BE PURCHASED ONLINE!  
\*\* MLWA Championships will sell Floor Passes for \$20.00 to non-coaches.

## Sunday December 18<sup>th</sup> 2011

Waterford Tournament  
Waterford High School  
121 S. Reinway  
Waterford, Ca. 95386  
Scott Bashor 209-874-998 or  
Dave Barnes 209-795-0738

## Sunday Feb 12<sup>th</sup>, 2012

Western Sierra Wolf Pack  
Amador High School  
330 Spanish St  
Suttercreek, Ca. 95685  
Kristie Estrada  
209-256-4342



**Entry Fee for Wrestler:** \$10.00 per wrestler paid to your COACH during weigh in's only. Please DO NOT attempt to show up and pay individually. Your Coach will check in and pay for the entire team. We ask that you Please Call & Talk to the tournament director listed for specific tournament & most importantly please EMAIL: [Motherlodewrestlingassociation@gmail.com](mailto:Motherlodewrestlingassociation@gmail.com) by Sunday 6:00 am with your specific information including TEAM NAME if you but can no longer attend the event. Failure to do so may result in additional \$10.00 NO SHOW fee.

**MIDDLESCHOOL born 96-99** 70, 77, 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 235, 285-

**NOVICE born 00/01** 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+

**INTERMEDIATE born 02/03** 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+

**BANTAM born 04/05** 40, 45, 46, 50, 55, 65, 65, 70, 75+

**ROOKIES born 06/07** 40, 45, 50, 55, 65, 65, 70, 75+

**Tournament Rules:** Tournaments will be Round Robin format Nothing larger than a 5-man bracket Tournament will be Pooled weights following close to USAbackets Rookies-Novice will wrestle 3 rounds at 1 minute each. All rookies will be assigned a permanent mat. Check your wall bracket for the Mat # and report to that mat at 8am. The rookies will wrestle continually with no breaks and will receive their Medals at the assigned mat when the bracket closes. Parents and Coaches please stay with your rookies until they receive their award. Middleschool will wrestle 3 rounds at 1.5 minutes each. Certified Referees and High School referee trainee's available all day

## Sunday January 8<sup>th</sup>, 2012

Calaveras Tournament  
Calaveras H.S.  
350 High School Street  
San Andreas, CA  
Director: JJ Gonsalves  
209-610-3212

## Sunday Feb 19<sup>th</sup>, 2012

Mother Lode Mania  
TOC Qualifier  
MLWA Championships  
Open to everyone  
Columbia College  
11600 Columbia College Dr  
Sonora, CA 95370  
Brian Davis 209-770-4485  
Matt Sanguinetti 209-743-8345



## Sunday Jan. 15<sup>th</sup> 2012

Argonaut Massacre in the Mountains  
Argonaut High School  
501 Argonaut Lane  
Jackson, CA 95642  
Jennifer Patrick 209-256-1958  
Mark Patrick 916-224-8765

## California Age Group Wrestling Association

**covers: Covina, El Monte, Fontana, Moreno Valley, Murrieta, Norwalk, Phelan, San Bernardino, San Dimas, Santa Ana, Temecula, Ventura, Victorville, and surrounding areas. Association Contacts Eddie Ruiz 626-589-0823**

December 4, 2011  
**Whittier High School**  
 12417 E. Philedelphia  
 Whittier, CA 90601  
 Folkstyle JV (K-8) / Varsity (K-8)

December 11, 2011  
**J.A. Rowland High School**  
 2000 Otterbein Ave  
 Rowland Heights, CA 91748  
 Folkstyle JV (K-8) / Varsity (K-8)

December 18, 2011  
**Elsinore High School**  
 21800 Canyon Dr.  
 Wildomar, CA 92595  
 Folkstyle JV (K-8) / Varsity (K-8)

January 8, 2011  
**Sierra Vista High School**  
 3600 N. Frazier Street  
 Baldwin Park, CA 91706  
 Folkstyle JV (K-8) / Varsity (K-8)

January 15, 2011  
**CAGWA Dominator Series Tournament #1**  
**Jr. Battle for the Belt**  
 Temecula Valley High School  
 31555 Rancho Vista Rd.  
 Temecula CA 92592 Varsity K-8 ONLY

January 22, 2011  
**CAGWA Dominator Series Tournament #2**  
 Santa Ana High School  
 520 W. Walnut St. - Santa Ana CA 92701  
 Folkstyle JV (K-8) / Varsity (K-8)

January 29, 2011  
**CAGWA Dominator Series Tournament #3**

The Javier Vasquez Kids Nationals  
 " Los Angeles Convention Center  
 1201 South Figueroa Street  
 Los Angeles, CA 90015  
 Varsity K-8 only

February 12, 2010  
**CAGWA Dominator Series Tournament #4**  
 S. John Bosco High School  
 13640 Bellflower Blvd.  
 Bellflower, CA 90706  
 JV (K-8) / Varsity (K-8)

February 17, 18 2011  
**CAGWA Dominator Series Tournament #5**  
**California Nationals**  
 Downey High School  
 11040 Brookshire Ave.  
**Downey, CA 90241**



February 26, 2010  
**CAGWA Tournament of Champions (League Finals)**  
 Alemany High School  
 11111 North Alemany Dr.  
 Mission Hills, CA 91345  
 JV (K-8) / Varsity (K-8)

### General Tournament Information

**Entry Fee: \$13.00**

**Note: Please see [www.cagwa.com](http://www.cagwa.com) for details Registration**

**Weigh-In Times:** Rookie/Bantams 6:30am -7:30 am

Intermediate/Novice 9:00am-10:00am

Middle School 12:00pm-1:00pm

**Wrestling Start Times:** Rookie/ Bantam-8:30am

Intermediate/Novice-11:00am

Middle School-2:00pm

**Weight classes:** \* Rookie (born 2006-2007) Weights: 35,40, 45, 50, 55, 60, 65, 70, 75\* Bantam (born 2004-2005) Weights: 40, 45, 50, 55, 60, 65, 70, 75, 75+\* Intermediate (born 2002-2003) Weights: 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+\* Novice (born 2000-2001) Weights: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+\* MS = Middle School (born on or after September 1st 1997-2000) Weights: 75,80,85,90,95,102,110,117,125,132,140,150,160,175,195,220, 275\*\*\* **Divisions:** Rookie,

Bantam, Intermediate, Novice, Middle School **Medals: 1st - 4th place receive medals** **Note: Please see Super Tournament flyer for award details USA Cards:** USA Cards are required: cards are valid from September 1 through August 31. 2012-11 USA Cards can be purchased online at [themat.com](http://themat.com) for \$35 plus a service fee. Cards may also be purchased the day of each event for \$45.00. There is no club membership requirement and insurance coverage for each card member is valid at any USAW sanctioned club or event nationwide.



## Southern California Wrestling Associa-

**covers Baldwin Park, Covina, Fountain Valley, Huntington Beach, Irvine, Long Beach, Norwalk, Torrance, and surrounding areas: Association Contacts: Tom Caspari, 661-330-3081**

### General Tournament Information

March 10, 2012  
 Sonora HS  
 401 South Palm St  
 La Habra, CA 90631

March 17, 2012  
 Lakewood HS  
 4400 Briecrest Av  
 Lakewood, CA 90713

March 24, 2012  
 Segerstrom HS  
 2301 Mac Arthur Blvd.  
 Santa Ana, CA 92704

March 31, 2012  
 Canyon (Anaheim) HS  
 220 South Imperial HY  
 Anaheim, CA 92807

April 14, 2012  
 El Dorado (Placentia) HS  
 1651 Valencia Avenue  
 Placentia, CA 92870

Association Dual  
 Team Qualifier  
 Freestyle & Greco  
**\*\*\*\*April 21, 2012\*\*\*\***  
 Villa Park HS  
 18042 Taft Avenue  
 Villa Park, CA 92861

April 28, 2012  
 Laguna Hills HS  
 25401 Paeo De Valencia  
 Laguna Hills, CA 92653

May 5, 2012  
 North Torrance HS  
 3620 West 182nd St  
 Torrance, CA 90504

May 12, 2012  
 Valencia (Placentia) HS  
 500 North Bradford Ave  
 Placentia, CA 92870

**Entry Fee:** \$10.00 per weight class

**Registration:** All registration is the morning of the event or by special arrangement with the tournament hosts for outside the area teams travelling to the tournament.

**Weigh-ins:** 7:00-8:30 AM

**Weight classes:** Pooled brackets double elimination. (with the exception for the association duals team qualifier)

May 19, 2012  
 Canyon (Anaheim) HS  
 220 South Imperial HY  
 Anaheim, CA 92807

May 26, 2012  
 West Covina HS  
 1609 East Cameron Av  
 West Covina, CA 91791

June 2, 2012  
 West Covina HS  
 1609 East Cameron Ave  
 West Covina, CA 91791



**Girls:** Girls will be placed in the boy's bracket, but will be allowed to wrestle exhibitions against other girls or a bracket will be put together at no additional cost.

**Divisions:** Kids (bracketed based on age), Cadet, Junior and Open

**Medals:** Top three per weight class

**USA Cards:** are required: cards are valid from September 1 through August 31. 2011-12 USA Cards can be purchased online at [themat.com](http://themat.com) for \$35 plus a service fee. Cards may also be purchased the day of each event for \$45.00. There is no club membership requirement and insurance coverage for each card member is valid at any USAW sanctioned club or event nationwide.

# USA wrestling Membership System

## Become A Member

### Athlete Membership

\$35 online plus fees

\$45 on site of any local event Can only be purchased online

### Coach Membership

\$35 online plus fees

\$17 background check Can only be purchased online



### Additional Insured Certificate Holders

\$20 Can only be purchased online

### Event Sanction

\$40 Can only be purchased online

### Club Charter

\$55 Can only be purchased online

### Certificate of Insurance for practice site

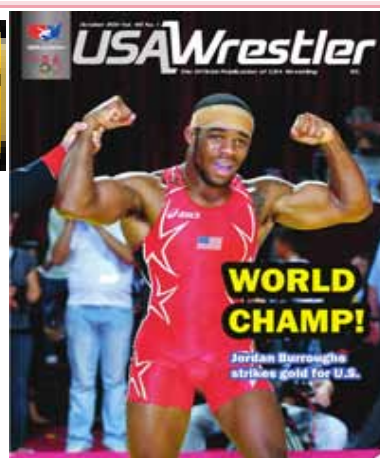
\$20 Can only be purchased online

### Official's Membership

\$25 Can only be purchased online



Did you know that there is a USAW app for smart phones? It contains the current USAW, FILA and Grappling rule book. It has lots of other great information about the sport of wrestling and USAW. Download is free.



2011 World Champion Jordan Burroughs is on the cover of this edition. Burroughs blasted onto the international scene by winning the 74 kg gold medal at the World Championships in Istanbul, Turkey



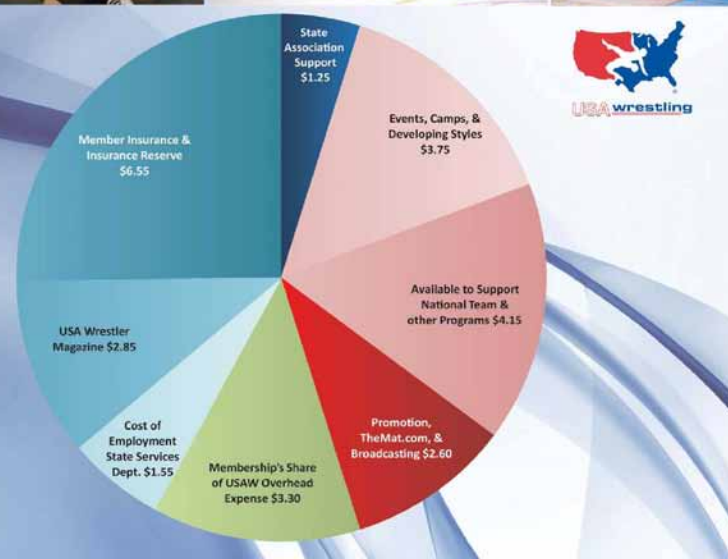
Jake Varner of the USA scores a takedown on Khetag Pliev of Canada in the 96 kg freestyle semifinals at the Pan American Games. Robbert Wijtman photo.



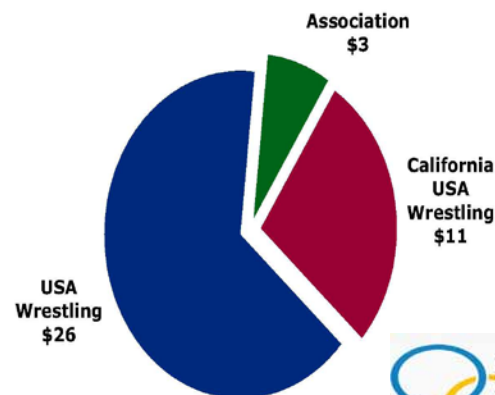
## Where do your membership dollars go?

When you purchase your membership, USA Wrestling receives \$26.

The following chart shows how those dollars are spent:  
 -\$22.70 or 87% is directly reinvested in wrestling! (Shades of Blue and Red)  
 -\$12.20 or 47% of spending supports wrestling at the state, local, or individual level! (Shades of Blue)  
 -\$10.50 or 40% of spending supports wrestling initiatives at the National Level! (Shades of Red)



## When you purchase a USA Wrestling Card, \$14 (35%) stays in CA



Cejudo, 24, has wrestled just one match since winning the 2008 Olympics in Beijing, China. How Olympic gold medalist Henry Cejudo is set to return to competition.

# Inland Empire Wrestling Association

covers High Desert, Riverside, San Bernardino, Palm Springs, Rancho Cucamonga, and the Temecula, surrounding areas  
**Association Contacts:** Lyndon Campbell-951-695-7300 ext 2164 or lcampbell@tvusd.k12.ca.us or Arnold Alpert 951-694-2951  
 or aalpert@tvusd.k12.ca.us  
General Tournament Information

**Awards:** Medals for top three in a weight class of over three wrestlers, two medals in weight classes of three wrestlers and one medal for weight classes with two wrestlers.

**Weight Class:** USA weight classes (unless otherwise noted)



**Entry Fee:** \$10.00 PER WEIGHT (MAY GO TWO WEIGHTS)

**USA Cards:** are required and may be purchased online for \$35.00 plus an online transaction fee. USA Cards may also be purchased the morning of the tournament; however, the cost is \$45.00 which includes the price of the card, an online transaction fee, mailing costs and association fee. (This may not be available at all tournaments; call ahead to make sure.)

**To qualify for the I.E.W.A. Dual Team in either FS/GR, you must attend the I.E.W.A. Finals.** Finals are open to all teams and individuals. Team awards will be given for the Kids, Cadet, and Junior \$10 per weight division.

**Weigh-ins:** 7:00 a.m. – 8:30 a.m. (\$10 late fee after 8:30 a.m.)

**Wrestling starts:** 9:30 a.m.

Varsity- Current USAW Cadet or high school student beginning Fall '12  
 Open- USAW division

Saturday March 17, 2012  
 Montclair High School  
 4725 Benito Street Montclair, CA 91763

Saturday March 24, 2012  
 Ontario High School  
 901 West Francis St.  
 Ontario, CA 91762

Saturday March 31, 2012  
 Carter High School  
 2630 N. Linden Ave  
 Rialto, Ca 92377  
 Kevin Hennessy  
 909-574-3676

Saturday April 7, 2012  
 Great Oak High School  
 32555 Deer Hollow Way  
 Temecula, Ca 92592  
 J.P. Santone:858-945-1341

Saturday April 14 2012  
 M.L.K. High School  
 9301 Wood Rd.  
 Riverside, Ca 92508  
 Harlan Kistler  
 951-233-3443



Saturday Apr. 21, 2012  
 TBA

Saturday May 5, 2012  
 I.E.W.A. Finals  
 Temecula Valley High School  
 31555 Rancho Vista Road  
 Temecula, Ca 92592  
 Arnold Albert 951-694-2951

# San Diego-Imperial Kids Wrestling Association

covers Calexico, El Centro, Holtville, La Mesa, Pine Valley, Poway, Spring Valley, Vista, and surrounding areas. (Limited to Kids and Cadets who do not wrestle on a high school team) Association Contacts Perry Watson 240-7080 or pwatson@san.rr.com

## General Tournament Information

### December 4,2011

Beginner Tourn.  
 Mar Vista HS, 505 Elm St,  
 Imperial Beach, CA. 91932  
 MV Predators

### December 11,2011

Novice Tourn.  
 Calexico HS, 1030  
 Encinas Ave,  
 Calexico, CA. 92231  
 Calexico Jr. WC

### December 18,2011

First Open Tourn.  
 Eastlake HS,  
 1120 Eastlake Pkwy,  
 Chula Vista, Ca 91915  
 CV Badgers

### January 9,2012

Open Tourn.  
 Brawley HS,  
 480 N. Imperial Ave  
 Brawley, CA, 92227  
 Brawley Gladiators

### January 16,2012

Open Tourn.  
 Eastlake HS,  
 1120 Eastlake Pkwy,  
 Chula Vista, Ca 91915  
 CV Badgers

### January 23,2012

Midseason Classic  
 Poway HS,  
 15500 Espola Rd.  
 Poway, CA 92064  
 Poway Slammers

### January 30,2012

Open Tourn.  
 TBA  
 El Centro WC



### February 13,2012

Open Tourn.  
 Eastlake HS,  
 1120 Eastlake Pkwy,  
 Chula Vista, Ca 91915  
 CV Badgers

### February,20,2012

Open Tourn.  
 Eastlake HS,  
 1120 Eastlake Pkwy,  
 Chula Vista, Ca 91915  
 CV Badgers

### Febuary ,28,2012

Association Championship  
 Valhalla HS,  
 1725 Hillsdale Rd  
 El Cajon, CA 92019  
 Valhalla Jr. WC

**COST:**\$10 SDIKWA members, \$ 20 Out of Association  
**WEIGH-INS:** Rookies, Bantams, Intermediates 6:30am-8:00am

**WEIGH-INS:** Novice, Schoolboy/girl, Cadets 9:30am-10:30am

**Wrestling begins:**at 9:30 for Rookies, Bantams, Intermediates

**Wrestling begins:** at 12:30 for Novice, Schoolboy/girl, Cadets



### Rookies Birth year 2005-2006

**Bantam Boys: Born 2003-2004--**40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs.maximum difference)  
**INTERMEDIATE: Born 2001-2002--**50, 55, 60, 65, 70,75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference)

**NOVICE Boys:Born 1999-2000--**60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)

**Schoolboy:Born 1997-1998 -**70,77, 84, 91, 98, 105, 112, 120, 128, 136,144, 152,160,175,190,210,265

**CADET-Born 1995-1996:-**84, 91, 98, 105, 112,119,125, 130, 135,140, 145,152,160,171,189,210,285



FOLKSTYLE KIDS

## Tri-Counties Wrestling Association covers

Atascadero, Lompoc, Oxnard, Santa Ynez, Thousand Oaks, and surrounding areas. **Association Contacts** Paul Clementi, 805-641-2056

### General Tournament Information

#### Friday, March 9, 2012

T.C.W.A. ALL STAR Selection/Spring Meeting & Coches BBQ (One Vote per School) 7:00P.M. Location: Tentatively set for the Camerson Center Thousand Oaks, Ca.91360 Contact: Kerry Lyne 805-428-3271

#### Saturday March 10, 2012

Folkstyle/Freestyle/Greco Tournament (K-C-J-O) Thousand Oak High School 2323 N. Moorpark Rd. Thousand Oaks, Ca.91360 Contact: Kerry Lyne 805-428-3271

#### Friday, March 16, 2012

Coaches Bronze Clinic Dos Pueblos High School 7266 Alameda Ave. Goleta, Ca.93117 6:00P.M. 8:00P.M. RM. # H22 - COST \$60.00 Contact: Anthony Califano (805) 455-6506

#### Saturday March 17, 2012

Folkstyle/Freestyle/Greco/Grappling Tournament (K-C-J-O) Dos Pueblos High School 7266 Alameda Ave. Goleta, Ca.93117 Contact: Anthony Califano (805) 455-6506

#### Saturday March 24, 2012

Folkstyle/Freestyle/Greco/Grappling Tournament (K-C-J-O) Oxnard High School 3400 W. Gonzales Rd. Oxnard, Ca.93036 Contact Rob Vieira (805)-987-9987

#### Saturday March 31, 2012

Folkstyle/Freestyle/Greco/Grappling Tournament (K-C-J-O) Santa Maria High School 901 S. Broadway Santa Maria, Ca. 93454 Contact: Doug Silva (805) 925-2567 ext 3352

#### Saturday April 14, 2012

Folkstyle/Freestyle/Greco/Grappling Tournament (K-C-J-O) Westlake High School 100 N. Lakeview Canyon Rd Westlake Village, Ca. 91362 Contact: John Cuccia (805) 241-3641

#### Saturday April 21, 2012

Folkstyle/Freestyle/Greco Tournament (K-C-J-O) Pacifica High School 600 E. Gonzales Rd Oxnard, Ca. 93036 Contact: Willie Dillion 805-253-6141

#### SATURDAY MAY 5, 2012

### T.C.W.A. CHAMPIONSHIPS

## **FOLKSTYLE/FREESTYLE/GRECO (KCJO)**

NEWBURY PARK HIGH SCHOOL

456 REINO RD.

NEWBURY PARK, CA.91320

CONTACT: GARY MURPHY (805) 583-8746 

**\*STATE ASSOCIATION DUALS TEAM QUALIFIER**

**\* ENTRY FEE IS \$15.00 PER STYLE THIS TOURNAMENT ONLY**

T.C.W.A. 2012 TOURNAMENT INFORMATION  
(V.I.P. NEW FROM PREVIOUS YEARS)

**Weigh-Ins and Wrestling Times:**

Weigh-Ins: 7:00A.M. 8:00A.M.

Optional Weigh-Ins for Cadets/Juniors /Open only 11:00A.M-11:30A.M.

Rules Clinic: 9:00A.M.

(V.I.P. ANYONE OFFICIATING MUST ATTEND CLINIC!)

Wrestling begins for kids only at 9:30A.M. (APPROXIMATE TIME)

Wrestling begins for Cadets/Juniors /Open only 12:00P.M.(APPROXIMATE TIME)

Entry Fee first 2 styles \$10:00 A PIECE 3<sup>RD</sup> Style free, BUY 2 GET 1 FREE. (EXCEPT T.C.W.A. CHAMPIONSHIPS) V.I.P. ALL LATE WEIGH-INS ARE SUBJECT TO A \$10.00 FEE. HIGH SCHOOL COMPETITORS ARE ENCOURAGED TO Weigh-Ins AT THE LATER Weigh-Ins.

\* All Contestants should purchase a U.S.A Wrestling card online ahead of time. Only the first three T.C.W.A Tournament will have a computer available to purchase U.S.A Cards. The Charge for cards sold at tournaments will be \$45.00

\* All Coaches must have a current U.S.A coaches card in order to get a wristband to get access to the mat area. Due to the required background check, no coaches cards will be sold at any T.C.WA tournaments. All Coaches cards must be purchased online ahead of time

\* Working as an Official or Pairer at your first T.C.W.A Tournament will pay for your licence if you work the entire Tournament.

Any Questions regarding T.C.W.A Tournaments can be directed to the tournament contact person, or Paul S. Clementi: President T.C.W.A (805) 641-2056

## San Diego Wrestling Association

covers Chula Vista, La Jolla, Oceanside, San Diego, Vista, and surrounding areas. **Association Contacts:** Victor Richmond 619-886-8293 coachvic@cox.net

### General Tournament Information

#### March 17, 2012

Bonita Vista High School 751 Otay Lakes Rd Chula Vista, CA 91913

#### April 14, 2012

East Lake 1120 Eastlake Pkwy. Chula Vista, CA 91915

#### March 24, 2012

East Lake/La Jolla 1120 Eastlake Pkwy. Chula Vista, CA 91915

#### April 21, 2012

**SDWA CHAMPIOSHIP**  
Mount Miguel High School 8585 Blossom Lane, Spring Valley, CA 91977

#### April 7, 2012

Bonita Vista High School 751 Otay Lakes Rd Chula Vista, CA 91913



**WEIGH INS:** 7:00 to 8:30 AM

**WRESTLING:** Clinic starts at 9 AM. Open, Grappling & Kids wrestling to follow 9:30 AM; Juniors & Cadets from 10:00 AM until approximately 5:00 PM.

**AWARDS:** Medals for 1st, 2nd & 3rd place

**Must Have a Current USA Wrestling Card**

Please **register with SDWA on-line!**

Coach's cards are only available on-line at a cost of \$47.00. {Coaches cards now require a background check} The background check fee of \$17.00 is included in the \$47.00 cost of card.

**ENTRY FEE:** 1<sup>st</sup> wt. \$10.00, 2<sup>nd</sup> wt. \$8.00 & no more than 2 weight classes per tournament with USA Wrestling card for the 9/1/11-8/31/12 season; \$5.00 late entry fee

**RULES:** USA Wrestling Rules for Folkstyle, FS and GR matches. Grappling are per USA/FILA Wrestling



USA Wrestling

## Become A Member

### Athlete Membership

\$35 online plus fees

\$45 on site of any local event Can only be purchased online

### Coach Membership

\$35 online plus fees

\$17 background check Can only be purchased online

### Additional Insured Certificate Holders

\$20 Can only be purchased online

### Event Sanction

\$40 Can only be purchased online

### Club Charter

\$55 Can only be purchased online

### Certificate of Insurance for practice site

\$20 Can only be purchased online

### Official's Membership

\$25 Can only be purchased online

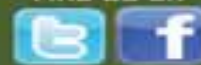
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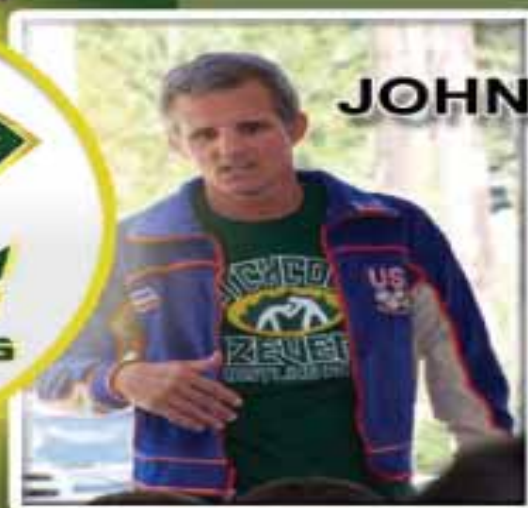
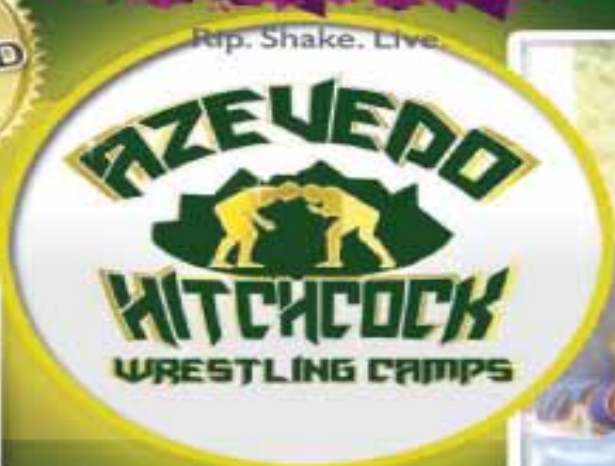
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**2012 SQUAW VALLEY  
 USA Silver Clinic**



Coach Matt Azevedo, Drexel University  
 New 4 or 8 day Intensive Training Camp  
 July 9th - July 16th

- RAFTING
- HIKING
- ROPE CLIMBING
- BIKE RIDING
- VIDEO GAMES
- BOATING
- ROLLER SKATING
- ICE SKATING
- SWIMMING
- GOLF



**2012 SQUAW VALLEY  
 CAMP DATES ANNOUNCED**

2012 CAMP DATES  
 REGISTRATION STARTS IN JANUARY  
 CLICK HERE TO SEE WHY OUR CAMPS ARE DIFFERENT

CAMP 1	JULY 9 - 12
CAMP 2	JULY 14 - 17
CAMP 3	JULY 19 - 22
CAMP 4	JULY 24 - 27
CAMP 5	JULY 29 - AUG 1

TO REGISTER CALL **877.809.3232**



**Coaches Corner**

The older (wiser) I get the more I understand there is something more important in life than just winning. Don't get me wrong trying to win is an important goal for the competitor. Coaches need to make developing character, teamwork, civic awareness and togetherness a priority.

The ritual of the handshake is a mainstay of our sports culture that needs to be understood and taught. The purpose of the handshake is to "honor" your competitors for setting the bar of excellence. Unfortunately athletes grudgingly and halfheartedly slap hands with their opponents without making eye contact. The winners often have an attitude of superiority and the losers endure feelings of inferiority. Coaches let's teach our athletes to "honor" our opponents win or lose by shaking hands. Let's look them in the eyes and tell them thanks for having the courage to step on the mat and compete in our great sport of wrestling. Make it an important part of your coaching curriculum.

God Bless,

# CLINCH & GEAR WRESTLING

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**Classic Wrestling Singlets**



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**Icon Wrestling Singlets**



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- 16-piece minimum



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# California USA Wrestling State Events Information

Be sure to follow us on



California USA Wrestling Blood Drive  
at Selland Arena in Fresno, California

## Many patients need blood now.

The major reasons are:

- Trauma injuries and burns
- Cancer
- Blood and immune system diseases
- Surgery
- Heart and blood vessel disease
- Organ and bone marrow transplantation

Your blood drive is critical in helping meet patient needs.

The Central California Blood Center must collect between 5,000 to 6,000 pints of blood a month to meet the needs of our Valley community.

## Who can donate blood?

Most people can donate blood. In general, those who are at least 17 years old (16 with written parental consent), in good health and weigh at least 110 pounds may donate blood every 56 days (8 weeks). There is no upper age limit.

For more information about eligibility requirements, please call 1-800-404-BLOOD.

## Register to donate marrow

Each year, thousands of patients with leukemia or other potentially fatal diseases need marrow transplants to survive. Many of these people will search the Be the Match Registry for a genetically matched donor. To join the registry through the Central California Blood Center, a DNA sample is taken by mouth swab and later HLA typed. To give all patients an equal chance for finding a donor, people of diverse ethnic backgrounds are specifically encouraged to join. Call 1-800-404-BLOOD for more information.

## Your community resource

The Central California Blood Center is the sole provider of blood and blood products for the 31 hospitals in Fresno, Tulare, Madera, Kings and Mariposa Counties and must collect between 5,000 to 6,000 pints of blood a month to meet the needs of our Valley community.



## Imagine Saving a Life

When someone needs help, someone else offers it. That's the way it should be. That's what makes a community.

While your personal blood donation is both needed and appreciated, you can do even more to help. You can get other community-minded people to join you and you can organize a blood drive.

It's easy to do and the reward is more gratifying than you might think. That's because you'll be helping to ensure a stable blood supply for everyone in our Central Valley community, including you! And, right away, you'll be helping to save lives. Can you imagine anything better?

## BLOOD DRIVE DATES

Event: Kids Folkstyle  
When: Saturday March 17, 2012  
Where: Selland Arena (Fresno)  
700 M Street  
Fresno, CA 93721  
4:00 pm to 8:00 pm



Event: Kids Freestyle State  
When: Saturday June 2, 2012  
Where: Selland Arena (Fresno)  
700 M Street  
Fresno, CA 93721  
4:00 pm to 8:00 pm



[www.ca-usaw.org](http://www.ca-usaw.org)

5325 West Clinton • Fresno, California 93722 • Phone 559.275.9478 •

## Athletes & Coaches Must Have, and Must Know

**“Must Have & Must Know”**

**TO REGISTER for a State Event!**

**You will not enter the registration area without these item's.**

**Current USA Card:** All athletes must have a current USA Card

**Entry Fee:** \$30 plus fees On-line only, \$40.00 On Site

**Birth Certificate or Proof of age or grade!**

**YOU CANNOT REGISTER WITHOUT IT!**



**Eligibility:** All athletes who meet the age requirements and who are a current members in good standing of CA-USA Wrestling/USA

Wrestling.

**Singlet:** The contestants will be weighed with their singlet on without shoes after having been examined by qualified Medical trainers who are obliged to eliminate any wrestler who presents any danger of contagious disease. No weight tolerance for the singlet. Athletes shall have two attempts to make weight, the initial attempt when called to the scale and an immediate challenge of another scale located in close proximity to the initial weigh-in scale (s). Athletes may not leave the weigh-in area or initiate any activity for means of weight reduction. A wrestler who fails to make weight will be allowed to move up to the next weight class

**Headgear a MUST for Kids & Cadets:** are required to wear headgear at all State Events.

## Must be a California resident, unless stated!

### Coaches Must Have

**Coaches Band:** In order to coach in the corner at all State Championships, you will need a **Coaches Band** and minimum of a Copper Certification. The **Band** must be worn at all times when on the floor. Bands, will not be sold!

**Bands may be picked up:**

Friday from 6:00 pm-8:00 pm Saturday Morning 7:00 am-8:00 am

You must show three pieces of ID.

1. Current USA coaches card.
2. Copper or Bronze certification card min.
3. A Picture ID



**Bronze Clinic** 6:00-9:00 P.M. Friday night at each State  
Tournament Cost is \$60.00

### Coaches Cards

**Cost Break Down for Coaches cards** Coaches Card \$40.00 Coaches cost of a background check-\$17.00 (This cost will be every other year)

## Must Know, for Club's

**Club Championships** Clubs that intend to compete for the Club Championships must mail in their roster postmarked 7 days prior to the specific State Championship. MUST BE EMAILED TO CALUSAROB@AOL.COM

# Cadet, Junior Boys & Junior Girls

Be sure to follow us on



## Folkstyle State Championship

**\*LIVE SCORING\*** **\*Formally Frosh/Soph State\*** **\*LIVE STREAMING\***

### Cadet -Boys

CADET (Men)

Born 1996-1997-88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

### Junior- Boys

Junior Boys Born 9/1/1992 & after, plus enrolled in grades 9-12-100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

### Junior-Girls

High School Girls Born 9/1/1992 & after, plus enrolled in grades 9-12 -97, 105, 112, 117, 121, 125, 130, 139, 148, 159, 172, 198

#### Friday March 9 Only:

**If you Pre-Reg:** Cadet Boys & Junior Girls Weigh-in Registration: Friday March 9, at 5:30 pm on site-till 8:30 pm

**If you DO NOT Pre Register :** You MAY JUST show up Friday March 9, Doors will NOT OPEN for walk ups, until all pre registers are done! Fee on site: \$40.00

**Eligibility:** All Cadet Boys, and all Junior Girls

**Proof of grade:** Must Show proof of Age for Cadet Boys, and proof of Grade for Junior Girls YOU CANNOT REGISTER WITHOUT IT!

**Current USA Card:** All athletes must have a current USA Card. YOU CANNOT REGISTER WITHOUT IT!

**Singlets:** You will need a singlet to weigh in, but it doesn't need to be red and blue singlet (This Event Only)

#### Bronze Clinic

Friday Night March 9, 2012  
Site: Valdez Hall, next to Selland Arena (Fresno)  
6:30 pm-8:00 pm \$60.00

#### Saturday March 10 Only:

Wrestling Started 8:00 am Cadet Boys & Junior Girls.

#### Optional Junior Boys Only:

Weigh-in Registration: Saturday March 10, at 6:30 am on site-till 8:30 pm

March 9, 10, 11 2012

Selland Arena

700 M Street.

Fresno, CA 93721



HS GIRLS

Pre-Register at

TrackWrestling.com

Cost is \$30.00

<http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=18231009>

Limited to the first 1,200 athletes registered

**For event Information:**

559-275-9478 or  
calusarob@aol.com

All Folkstyle State Events Awards



Championships Belts

Championship Gear Package



2nd Place 12 inch Trophy



3rd Place 10 inch Trophy  
Medals for:  
4TH-5TH-6TH-7TH-8TH

#### Introducing the Flexi-Connect Mat

*The Best Just Got Better!*

Advantages & Benefits of Flexi-Connect™

- No Tape or Velcro® Strips are needed - Saves hundreds of dollars.
- Saves time in set-up and take-down.
- No tape residue - which saves in mat cleaning time.
- No tape disposal or waste. This is better for the environment.
- The ultimate in convenience, safety, and simplicity (just roll it up).
- Lightweight - Durable - Portable.
- Flexi-Roll™ Technology.
- Always lays flat.
- One person set-up.



We INNOVATE while others IMITATE!



#### Sunday March 11 Only:

Wrestling Started 8:00 am  
Cadet Boys & Junior Girls.

#### Optional: Junior Boys Only:

Weigh-in Registration: Sunday March 11, at 6:30 am on site-till 7:30 am

Wrestling Started 9:00 am Junior Boys

**\*Stay in Fresno\***



Radisson Hotel  
2233 Ventura Street  
Fresno, CA 93721  
Rate: \$113.00  
Call 559-268-1000



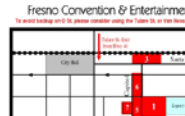
Vagabond Inn  
2570 S. East Ave.  
Fresno, CA 93760  
559-486-1188  
Room Rate \$59.99



Four Points  
3737 N. Blackstone  
Fresno, CA 93726  
Rate: \$85.00 plus tax  
Call 559-226-2200



Super 8 Downtown  
2127 Inyo St  
Fresno, CA 93721  
Rate: \$80.00  
Call 559-268-0621



Fresno Convention & Entertainment Center

To avoid confusion, please consider using the Table ID, or the Room No. each rooming ID.

Room No.	Room Type	Capacity
101	Ballroom	1000
102	Ballroom	1000
103	Ballroom	1000
104	Ballroom	1000
105	Ballroom	1000
106	Ballroom	1000
107	Ballroom	1000
108	Ballroom	1000
109	Ballroom	1000
110	Ballroom	1000
111	Ballroom	1000
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113	Ballroom	1000
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193	Ballroom	1000
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197	Ballroom	1000
198	Ballroom	1000
199	Ballroom	1000
200	Ballroom	1000



Americas Best  
2425 Merced Street  
Fresno, CA 93721  
(559) 233-4896  
Room Rate \$69.00



Holiday Inn  
Express & Suites  
7191 W. Kathryn  
Fresno, CA 93722  
Rate \$90.00  
Call: 559-277-0004



Fresno Convention & Visitors Bureau  
City and County



La Quinta Inn  
2926 Tulare  
Fresno, CA 93721  
Phone: 559-442-1110  
Room Rate \$82.00

# Kids Folkstyle State Championship

## \*LIVE STREAMING\*

**Bantam Boys & Girls:** Born 2004-2005-40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)

**Intermediate Boys:** Born 2002-2003: 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference).

**Intermediate Girls:** Born 2003-2005 45, 50, 55, 60, 65, 70, 75, 80, 85, 85+

**Novice Boys:** Born 2000-2001: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)

**Novice Girls:** Born 2000-2002 60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+

## Friday March 16 Only

**If you Pre-Reg:** All kids Folkstyle Weigh-in & Registration: Friday March 16, at 5:30 pm on site-till 8:30 pm

**If you DO NOT Pre-Register You MAY JUST show up** Friday March 16, but doors will NOT OPEN for walk ups, until all pre registers are completed!  
Fee for walk-ups is :\$40.00

**Eligibility:** All Kids

**Proof of grade & Age** Must Show proof of Grade & Age. You can't register with out it.

**Current USA Card:** All athletes must have a current USA Card. You can't register with out it.

**Singlets:** You will need a singlet to weigh in, but it doesn't need to be red and blue singlet (This Event Only).

March 16,17,18 2012

**Selland Arena**

700 M Street.

Fresno, CA 93721

**LIFE SHOTZ™**

Rip. Shake. Live.



**Pre-Register at**

**TrackWrestling.com**  
Cost is \$30.00

For event Information:  
559-275-9478 or  
calusarob@aol.com

All Folkstyle State Events Awards



Championships Belts

Championship Gear Package



2nd Place 12 inch Trophy



3rd Place 10 Inch Trophy  
Medals for:  
4TH-5TH-6TH-7TH-8TH

## \*LIVE SCORING\*

**Boys Middle School Division:** Must be in the 6th,7th, 8th grades :(born 1997-2000 Weights:75,80,85,90,95,102,110,117,125,132, 140,150,160,175 ,195,220,275

**Girls Middle School Divison:** Must be in the 6th,7th, 8th grades (born1997-2000)Weights:75, 80,85,90,95,102,110, 117,125,132,140,150,160,175,195,220,275\*\*\*

**Note:**9th grade wrestlers are NOT eligible for the Middle School Division (Boys or Girls). It is possible for a 9th grader to be born in 1997; however, we do not allow 9th graders born in 1997 to compete in the middle school division. A copy of the wrestler's birth certificate & school enrollment must be made available upon request.

## Saturday March 17 Only-

Wrestling will start at 8:00am- Schedule of Age groups,& weight classes TBA

## Sunday March 18 Only-

Wrestling will start at 8:00am- Schedule of Age groups,& weight classes TBA

## \*Stay in Fresno\*



Radisson Hotel  
2233 Ventura Street  
Fresno, CA 93721  
Rate:\$113.00  
Call-559 268-1000



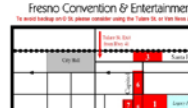
Vagabond Inn  
2570 S. East Ave.  
Fresno, CA 93726  
559-486-1188  
Room Rate \$59.99



Four Points  
3737 N. Blackstone  
Fresno, CA 93726  
Rate:\$85.00 plus tax  
Call 559 226-2200



Super 8 Downtown  
2127 Inyo St  
Fresno, CA 93721  
Rate:\$80.00  
Call 559-268-0621



Fresno Convention & Entertainment Center  
Map showing location of hotels and arena.



Americas Best  
2425 Merced Street  
Fresno, CA 93721  
(559) 233-4896  
Room Rate \$69.00



Holiday Inn  
Express & Suites  
7191 W. Kathryn  
Fresno, CA 93722  
Rate \$90.00  
Call: 559-277-0004



Fresno Convention & Visitors Bureau  
City and County



La Quinta Inn  
2926 Tulare  
Fresno, CA 93721  
Phone:559-442-1110  
Room Rate \$82.00



# CADET-Boys & Girls "Freestyle" KIDS "Greco"- Junior Girls Freestyle-Open Women Freestyle Junior-Fila Men-Freestyle & Greco

**\*LIVE SCORING\***

**State Championship**

**\*LIVE STREAMING\***

**Note :Only! Fila Junior Men Freestyle & Open Women:** You may pre register, but will not weigh in until Sunday Morning April 29 @ 7:00 am on site. Wrestling starts at 9:00 am Only for Junior Fila Freestyle, and Open Women !

**Bantam Boys & Girls: Born 2004-2005-40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)**

**Intermediate Boys: Born 2002-2003: 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference).**

**Intermediate Girls:Born 2003-2005 45, 50, 55, 60, 65, 70, 75, 80, 85, 85+**

**Novice Boys:Born 2000-2001: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)**

**Novice Girls:Born 2000-200260, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+**

**CADET-Boys Born 1995-1996:-84, 91, 98, 105, 112,119,125, 130, 135,140,145,152,160,171,189 ,210,285**

**Cadet Girls Born 1995-1996:-84, 88, 95, 101, 108,115,124, 132, 143,154,172,198**

**Junior Fila Men- Born: 1991-1993 (1994 with medicalcertificate)101.25110.25lbs,121.25,132.125,138.75,145.5,154.25,163,185,211.5,264.5**

**Junior Girls Open to all High School girls Enrolled and Attending Grades 9-12 97, 105 , 112,117,121,125, 130, 139, 148, 159, 172, 198**

**SENIOR Women:Born 1992 or before1993-1995 with medical certificate 48 KG/105.75 LBS, 51/112.25, 55/121.25, 59/130, 63/138.75, 67/147.5, 72/158.75**

**Note:Medical certificate will be done on site by the California USA Wrestling Medical Staff!**

**CLINCH GEAR WRESTLING**

**April 27,28,29 2012**

**Selland Arena**

**700 M Street**

**Fresno, CA 93721**



**Pre-Register at**

**TrackWrestling.com**

**Cost is \$30.00**

**Limited to the first 1,200 athletes registered**

**For event Information:  
559-275-9478 or  
calusarob@aol.com**

**All Freestyle & Greco State Events Awards**



**1ST**

Championship Gear Package



**2ND**



**3RD**

**Medals for:**

**4TH-5TH-6TH-7TH-8TH**



**Friday April 27 Only**

**If you Pre-Reg:** Weigh-in Registration: Friday April 27, at 5:00 pm on site all Kids, Cadet Boys, Cadet Girls Freestyle, Junior & Junior Fila Men Greco Only

**If you DO NOT Pre Register You MAY JUST show up.** Friday April 27, Doors will NOT OPEN for walk ups, until all pre registers are done! Fee on site: \$40.00

**Eligibility:** Open to all Kids, Cadet, Junior .

**Proof of Age:** Birth Certificate or Proof of age or grade! You can't register without it.

**Current USA Card:** All athletes must have a current USA Card. You can't register without it.

**Singlets:** You will need a red and blue singlet, You can't weigh-in without it.

**Saturday April 28 Only-**

Wrestling will start at 8:00am- Schedule of Age groups, & weight classes TBA

**Sunday April 29 Only-** Wrestling

will start at 8:00am- Schedule of Age groups, & weight classes TBA

**\*Stay in Fresno\***



**Radisson Hotel**  
2233 Ventura Street  
Fresno, CA 93721  
Rate: \$113.00  
Call: 559-268-1000



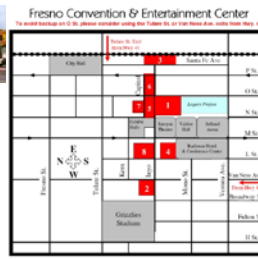
**Vagabond Inn**  
2570 S. East Ave.  
Fresno, CA 93760  
559-486-1188  
Room Rate \$59.99



**Four Points**  
3737 N. Blackstone  
Fresno, CA 93726  
Rate: \$85.00 plus tax  
Call 559-226-2200



**Super 8 Downtown**  
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Fresno, CA 93721  
Rate: \$80.00  
Call 559-268-0621



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7191 W. Kathryn  
Fresno, CA 93722  
Rate \$90.00  
Call: 559-277-0004

**Fresno Convention & Visitors Bureau**  
City and County



**Americas Best**  
2425 Merced Street  
Fresno, CA 93721  
(559) 233-4896  
Room Rate \$69.00



**La Quinta Inn**  
2926 Tulare  
Fresno, CA 93721  
Phone: 559-442-1110  
Room Rate \$82.00

# **\*\*Leroy Evans\*\***

Be sure to follow us on



Top 3 Juniors in each weight class  
Qualify for the California USA National Team

## **Junior Boys**

### **Freestyle**

## **State Championship**

**May 11,12,13 2012**

Pacheco High School

1200 N Ward Ave

Los Banos, CA 93635

## **Open Men**

### **Freestyle & Greco**

## **State Championships**

## **Friday May 11 Only**

### **If you Pre-Reg:**

Weigh-ins/Registration: Friday May 11 5:00 pm to 8:30 pm on site. Junior Boys Freestyle & Open Men Greco Only

**Note:** Open Men Greco (Men wrestling both styles must wrestle two Greco matches in order for the Greco weigh-ins to count for Freestyle.

**Note:** Weigh-ins Registration: Open Men Freestyle Only. You may pre-register, but will not weigh in until Sunday Morning May 13 @ 7:00 am on site

**If you DO NOT Pre Register:** You MAY JUST show up. Weigh in & Registration: Friday May 11, Doors will NOT OPEN for walk ups, until all pre registers are done! Fee on site :\$40.00 (Forty Dollars)

**Eligibility:** Open to all Junior Boy Freestyle; Attending Grades 9-10 High School Only. Open men, all.

**Current USA Card:** All athletes must have a current USA Card. **YOU CAN'T REGISTER WITHOUT IT!**

**Singlets:** You WILL need a red and blue singlet, **YOU CAN'T WEIGH -IN WITHOUT IT!**

## **Saturday May 12 Only**

**Wrestling Times:** Starts 8:00 a.m All Junior Boys, Junior, and Men Greco

## **Sunday May 13 Only**

**Wrestling Times:** Starts 8:00 a.m both days, All

except Men Freestyle. Wrestling Starts May, 13 9:00 a.m Men Freestyle Only



### **Pre-Registration at**

**TrackWrestling.com**

**Cost is \$30.00**

**For event Information:**

**559-275-9478 or**

**calusarob@aol.com**

**All Freestyle & Greco State Events Awards**



1ST  
Championship Gear Package



2ND

3RD

Medals for:

4TH-5TH-6TH-7TH-8TH



**Junior-Boys:** Born 1991 & after( plus must be enrolled in the 9th-12th grade **98,103,112,119,125,130,135, 140,145,152,160,171,189,215,285**

## **Open Men**

### **Freestyle & Greco**

**(DON'T have to be a**

**California resident)**

**Open Men:** Born 1991 or before 1992-1993 with medical certificate-Best out of 3 two-minute periods with 30 second rest between periods **55 KG/121.25 LBS, 60/132.25, 66/145.5,74/163, 84/185, 96/211.5, /20/264.5-**

## **\*Stay in Los Banos\***



301 W Pacheco Blvd  
Los Banos, Ca 93635-4046  
Phone: 209/827-0954  
Fax: 209/827-8891



Days Inn  
2169 East Pacheco Blvd.  
Los Banos, CA 93635  
209-826-9690



**wwwsport.com**  
**SHOP WRESTLING GEAR**



**Cadet & Junior  
(Boys)  
Greco  
State Championship**

Top 3 Cadets in each weight class. Qualify for the California USA National Team.

**\*LIVE SCORING\***

# "Dave Schultz"

**June 1,2,3 2012**

**Selland Arena**

**700 M Street.**

**Fresno, Ca 93721**

**" KIDS"  
(Girls & Boys)  
Freestyle**

**State Championships**

Top 8.in each age group. and weight Qualify for the California USA Wrestling Kids Regional team

**\*LIVE STREAMING\***

**Friday June 1 Only -If you Pre-Reg:**  
All Kids Freestyle (Boys & Girls), All Cadet Boys Greco-Weigh-in Registration: Friday June 1, at 5:30 pm on site-till 8:30 pm

**If you DO NOT Pre Register You MAY JUST show up, Friday June 1, Doors will NOT OPEN for walk ups, until all pre registers are done! Fee on site:\$40.00**

**Eligibility: Open to all Kids, Cadet, Junior .**

**Proof of Age: Birth Certificate or Proof of age or grade! YOU CAN'T REGISTER WITHOUT IT!**

**Current USA Card: All athletes must have a current USA Card. YOU CAN'T REGISTER WITHOUT IT!**

**Singlets: You WILL need a red and blue singlet, YOU CAN'T WEIGH -IN WITHOUT IT!**

**Saturday June 2 Only -Wrestling will start at 8:00am- Schedule of Age groups, & weight classes TBA**

**Sunday June 3 Only-Wrestling will start at 8:00am- Schedule of Age groups, & weight classes TBA**

**Note Only! Junior Boy Greco You may pre register, but will not weigh in until Sunday Morning June 3 @ 7:00 am on site. Wrestling will start at 9 am for Junior Greco only**



**Pre-Register at**

**TrackWrestling.com**

**Cost is \$30.00**

**Limited to the first 1,200 athletes registered**

**For event Information:**

**559-275-9478 or calusarob@aol.com**

**All Freestyle & Greco State Events Awards**



**1ST**  
Championship Gear Package



**Medals for:  
4TH-5TH-6TH-7TH-8TH**



**Bantam Boys (FREESTYLE): 2003-2004--40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs.maximum difference)**

**Bantam Girls (FREESTYLE): 2003-2004--40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs.maximum difference)**

**Intermediate Boy (FREESTYLE): Born 2001-2002--50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs. max difference)**

**Intermediate Girls (FREESTYLE): Born 2001-2002--50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs. max difference)**

**Novice Boys (FREESTYLE): Born 1999-2000--60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)**

**Novice Girls (FREESTYLE): Born 1999-2000--60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)**

**Schoolboy (FREESTYLE): Born 1997-1998 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265**

**Schoolgirls (FREESTYLE) Born 1997-1998 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265**

**Cadet-Boys (GRECO): Born 1995-1996--84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 210, 285**

**Junior-Boys (GRECO): Born 1991 & after ( plus must be enrolled in the 9th-12th grade: 98, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285**

**\*Stay in Fresno\***



**Radisson Hotel**  
2233 Ventura Street  
Fresno, CA 93721  
Rate: \$113.00  
Call: 559-268-1000



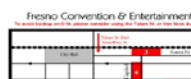
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2570 S. East Ave.  
Fresno, CA 93760  
559-486-1188  
Room Rate \$59.99



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Rate: \$85.00 plus tax  
Call 559-226-2200



**Super 8 Downtown**  
2127 Inyo St  
Fresno, CA 93721  
Rate: \$80.00  
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2425 Merced Street  
Fresno, CA 93721  
(559) 233-4896  
Room Rate \$69.00



Parking	Address	Entrance	Capacity
Convention Center	1000 N. Broadway	North	1,000
Convention Center	1000 N. Broadway	South	1,000
Convention Center	1000 N. Broadway	East	1,000
Convention Center	1000 N. Broadway	West	1,000



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Rate \$90.00  
Call: 559-277-0004



**La Quinta Inn**  
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Fresno, CA 93721  
Phone: 559-442-1110  
Room Rate \$82.00

**Fresno Convention & Visitors Bureau**  
City and County

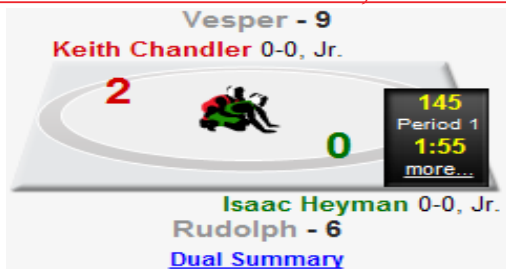


**Ken Chertow Wrestling**  
Fall & Winter Training Camps



# \*LIVE SCORING\* State Championship Features \*LIVE STREAMING\*

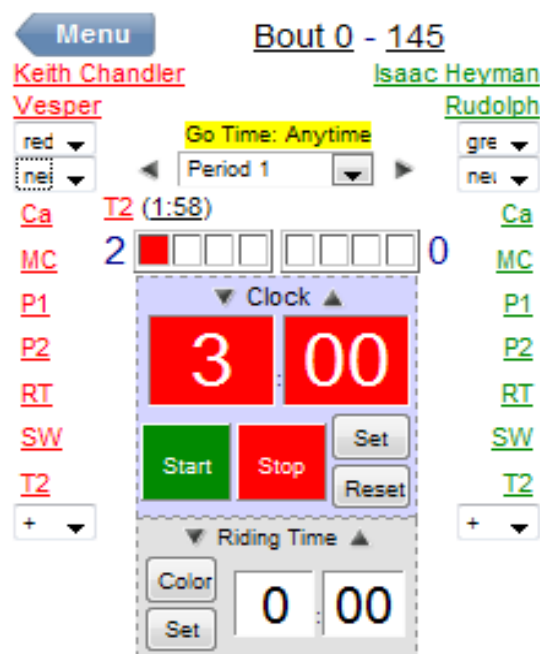
CAN'T BE AT THE EVENT?, BUT WANT TO STAY UPDATES? NOW YOU CAN!!



Welcome to Trackwrestling's text message and/or email feature. Trackwrestling has allowed wrestling fans everywhere to follow their favorite wrestlers online when they are unable to attend an event. However, for those of you who still wish to follow your wrestler but cannot be by a computer all day or simply don't want to sit there and refresh constantly, we are excited to announce that we will be providing instant results via text messages to cellular phones and/or emails.

**Dashboard:** Last season we released the Trackwrestling Dashboard only for tournaments and this season we have expanded that functionality to our statistics program. This means when people score dual meets and/or tournaments electronically through Trackwrestling, people from home can follow the matches live via the dashboard.

**Statistics Program:** Of all the things we have improved on in the offseason, the stats program is the single thing we made the biggest improvements on. Along with the electronic scoring capabilities (online and offline) outlined in this document being compatible with this program, we have also integrated it with the NWCA and Trackwrestling's weight management systems to make data entry as easy as possible. We have also tied it to tournament roster entry in an effort to allow coaches to get everywhere they need to be from one spot. Click [here](#) to watch a youtube video on the capabilities of this system.



**Mobile Scoring:** We have made significant enhancements to the way people can score matches electronically through Trackwrestling. We have created a mobile interface (pictured above) that can be used on iphones, androids, and many other mobile devices to score matches. Click [here](#) to watch a youtube video that demonstrates these capabilities.

**Offline Scoring:** In addition to making the scoring interface compatible with a variety of devices (iphones, androids, tablets, ipads, computers, etc.) we have provided the ability for people to score their teams matches offline from any of these devices and then synch back up with the internet when they get that device online again. Click [here](#) to watch a youtube video that demonstrates these offline capabilities.

**Virtual Clocks:** We have created an extremely cost effective way for people to run an electronic tournament and be integrated with the score clocks. The key is to use our Virtual Clock as your score clock. The virtual clock is pictured above, and all you need is an external monitor to plug into your matside computer and you can score the matches on the computer and the Virtual Clock (pictured to the left) will be display on the monitor for everyone else to see.

**Score Clocks:** We also sell traditional score clocks that are fully integrated with our electronic scoring system. These clocks may be necessary in situations where you want to run completely electronic and integrated but need your clocks to be visible from long distances.

With text messaging, your phone will alert you as soon as the result of the match is entered online. The text message will include the names and teams of each wrestler, win type, and match score. You may need to contact your cellular phone company to be certain that your phone has an activated text messaging feature. The email service works the same way, but you would receive an email instead. This works great for people who don't want to navigate the website to find results, but can easily check email. If you are interested in participating in this service, click continue below to sign up.

NOTE: You get a \$10.00 text message coupon when you sign up as a **Trackwrestling Gold member**.

**D1-103**  
**Bill Prochniewski**  
 Waukesha South  
**0:17**  
**Andrew Crone**  
 Arrowhead

**1309**  
**7 6**  
 Period 1  
**0:39**

**On Deck: Izzy Balsiger (Chippewa Falls) vs. Tyler Rice (Kenosha Tremper)**  
**In the Hole: Ryan McQuade (Appleton West) vs. Mason Bohm (Shawano Com.)**



**TWO EVENTS**




**1 LOCATION**



**November 9,10 ,2012**

**Selling Arena**  
**700 M Street.**  
**Fresno, CA 93721**  
**Pre-Register at**



**Cost is \$30.00**

**For event Information:**

**559-275-9478 or**  
**calusarob@aol.com**

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**FIRST 1,000 ATHLETE'S**

**Friday November 9 Only**

**If you Pre-Reg:**All kids Folkstyle  
**Weigh-in Registration:** Friday Nov 9, at  
**5:30 pm on site-till 8:30 pm**

**If you DO NOT Pre Register** You MAY  
**JUST show up.** Friday Nov 9, Doors will  
**NOT OPEN**

for walk ups,until all pre registers are  
 done! Fee on site: \$40.00

**Eligibility:** All Kids



**Proof of grade & Age:**Must Show proof  
 of Grade & Age. You can't register with  
 out it.

**Current USA Card:**All athletes must have  
 a current USA Card. You can't register  
 with out it.

**Singlets:**You will need a singlet to weigh  
 in, but it doesn't need to be red and blue  
 singlet (This Event Only).

**Bantam Boys & Girls:** Born 2004-2005-40,  
 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum  
 difference)

**Intermediate Boys & Girls:** Born 2002-2003:  
 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+  
 (20 lbs.max difference),

**Novice Boys:& Girls** :Born 2000-2001: 60, 65,  
 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140,  
 140+ (25 lbs. maximum difference)



**Boys Middle School Division:** Must be in the 6th,7th,  
 8th grades (born on or after September 1st 1997-2000)  
 Weights:75,80,85,90,95,102,110,117,  
 125,132,140,150,160,175 ,195,220,275

**Girls Middle School Divison:** Must be in the 6th,7th, 8th  
 grades (born on or after September 1st 1997- 2000) Weig  
 hts:75,80,85,90,95,102,110,117,125,  
 132,140,150,160,175 ,195,220,275\*\*\*

**Note:**9th grade wrestlers are NOT eligible for the Middle  
 School Division (Boys or Girls). It is possible for a 9th  
 grader to be born in 1997; however, we do not allow 9th  
 graders born in 1997 to compete in the middle school di-  
 vision. A copy of the wrestler's birth certificate & school  
 enrollment must be made available upon request.

**Fresno Convention & Visitors Bureau**  
 City and County



**Radisson Hotel**  
 2233 Ventura Street  
 Fresno, CA 93721 Rate:\$113.00  
 Call-559 268-1000



**Vagabond Inn**  
 2570 S. East Ave.  
 Fresno, CA 93760  
 559-486-1188  
 Room Rate \$59.99



**Four Points**  
 3737 N. Blackstone  
 Fresno, CA 93726  
 Rate:\$85.00 plus tax  
 Call 559 226-2200



**Super 8 Downtown**  
 2127 Inyo St  
 Fresno, CA 93721  
 Rate:\$80.00  
 Call 559-268-0621



**Americas Best**  
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 (559) 233-4896  
 Room Rate \$69.00



**Holiday Inn**  
 7191 W. Kathryn  
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 Rate \$90.00  
 Call: 559-277-0004



**La Quinta Inn**  
 2926 Tulare  
 Fresno, CA 93721  
 Phone:559-442-1110  
 Room Rate \$82.00

**College Open**  
**November 10 ,2012**

**Selling Arena**

**700 M Street.**

**Fresno, CA 93721**

**Pre-Register at**



**Cost is \$30.00**

**Weight Classes**125: 133: 141: 149:  
 157: 165: 174: 184: 197: 285:  
**Weights:** Current NCAA Weights  
 (No weight Allowance)

**Walk-up registration begins:** @ 6am.

**Skin Checks** at: 6:50 am

**All Weigh-in:** 7:00 a.m

**Wrestling Start:** 9:00 a.m  
 (College Only)

**Eligibility:** All post high school  
 wrestlers

**Rules:** Current NCAA Rules. All  
 Matches 3-2-2 w/riding time

**Format:** Double Elimination

**Entry Fee:** \$30 per pre-registered.

**Walk-up fee is:** \$40

**Saturday Nov 10 Only**

## WCWA COLLEGES

University of the Cumberlands  
Alaina Berube  
aberube7236@ucumberlands.edu  
(606)539-4511

Jamestown College  
Tony DeAnda  
tdeanda@jc.edu  
(701)252-3467 ext.5408

King College  
Jason Moorman  
jdmooorman@king.edu  
(423)652-6342

Lindenwood University  
Tocara Montgomery  
tmontgomery@lindenwood.edu  
(636)949-4130

Menlo College  
Marcie Van Dusen  
mrvandusen@menlo.edu  
(650)543-3728

Missouri Baptist University  
Brian Jackson  
jackson@mobap.edu  
(314)744-5317

Missouri Valley College  
Carl Murphree  
murphree@moval.edu  
(660)831-4090

Northern Michigan University  
Shanyn Gillespie  
sgillespi@nmu.edu  
(906)227-1285

Oklahoma City University  
Archie Randall  
arandall@okcu.edu  
(405)208-5379

University of Regina  
Leo McGee  
leo.mcgee@uregina.ca  
(306)585-4067

Simon Fraser University  
Mike Jones  
mjones@sfu.ca  
(778)782-4362

Waldorf College  
Dustin Baynes  
dustin.baynes@waldorf.edu  
(541)585-8395

Wayland Baptist University  
Johnny Cobb  
cobbj@wbu.edu  
(806)291-3845

Yakima Valley Community College  
Mike Schmitt  
mike.schmitt@live.com  
Tito Fimentel  
afimentel@yavcc.edu  
(509)574-4728



### Why Freestyle is Important?

- Majority of the women's wrestling programs in college wrestle freestyle.
- To further your career into the women's elite level you need to know freestyle because that is the only style women wrestle at the elite level.



# CONTACT INFORMATION

LIFE SHOTZ™

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## MARCIE VAN DUSEN

1000 El Camino Real  
Atherton, CA 94027-4301

Office: (650)543-3728  
Fax: (650)543-4497  
Cell: (719)694-6509  
Email: mrvandusen@menlo.edu

## DUANE MORGAN

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Email: dmorgan@ciffccs.org

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CALIFORNIA WOMEN'S WRESTLING

### Tournament Schedule

Dates	Tournament	Location
Feb 3-4	Sac Joaquin Section State Qualifier	McNair HS (Stockton, CA)
Feb 10-11	CIF Southern Section Regionals	Beaumont, CA
Feb 24-25	CIF Girls State	Lemoore High School
Mar 9-11	High School Girl's Folkstyle	Selland Arena (Fresno)
Mar 16-18	Kid's Folkstyle	Selland Arena (Fresno)
Mar 23, 2012	USAW Girls Folkstyle National Championships	Oklahoma City, OK
April 27-29	USAW Freestyle State Championship	Selland Arena (Fresno, CA)
May 11-13	Body Bar Women's National Championships	Kissimmee, FL
May 25-27	Western States Girls Freestyle	Natomas High School (Sacramento)
June 1-3	Kid's Folkstyle Championship	Selland Arena (Fresno)
July 11-19	ASICS/Vaughan Junior & Cadet National Championships	Fargo, ND

#### Important Tournaments

Qualify for Fargo Team @ State Championship (Fresno, CA): April 27-29

Body Bar (Kissimmee, FL): May 11-13

ASICS/Vaughan Junior & Cadet National Championships (Fargo, ND): July 11-19

Be sure to follow us on



CALIFORNIA WOMEN'S WRESTLING

CALIFORNIA USA WRESTLING™



### Why Fargo is Important?

- It is a great experience for women to wrestle at a national level against many other women from different states.
- Wrestling at Fargo is a good way to be recruited by college coaches.



## We are very excited about the new Health and Wellness program for California USA Wrestling

We would like to introduce our new Director: Trice N. Harvey Corporate Wellness Director  
Our Mission statement is as follows:

CAUSAW Health and Wellness offers a variety of programs and services to assist individuals, athletes, and coaches with better total wellness. Physical, emotional, social, nutritional, and intellectual parts of wellness are all addressed throughout the calendar year. CAUSAW, Athletes, Coaches, Membership, and community members of all ages and abilities gain awareness, knowledge, skills, and motivation that promote more than one hundred feel good benefits. Wellness can work to help you be a better you.

Our mission is to serve as a central facilitator of health promotion and disease prevention through serving CAUSAW faculty, staff, and members with programs and services that promote optimal health and well being.

Our vision is to offer programs and services that educate, motivate, and support in collaboration with other community health departments and organizations to optimize health and well being.

**Here are the some of the most common nutritional myths.**

### Myth #1: All fats are bad.

We all need fat in our diets as they help us absorb certain nutrients.

Fats make up an important part of every cell membrane in our body and help with proper nerve function, among other things.

Some fats are good for us and of course some are bad for our health. The key is to replace bad fats (saturated, hydrogenated and trans) with good fats (mono- and polyunsaturated).

Good fats include: Coconut oil, Olive oil, flax oil, fatty fish like salmon and mackerel, avocados, raw nuts and seeds, natural peanut butter or natural almond butter, legumes, leafy green vegetables and lean cuts of meat. 10 to 30 percent of your daily diet should come from healthy fats.

### Myth #2: Avoid carbohydrates to lose weight.

Severely limiting carbohydrates will result in the loss of muscle and water along with only a small amount of fat.

It is important to limit the amount of carbohydrates in your diet that come from simple carbohydrates (refined flour and sugar).

Cutting carbohydrates out completely deprives your body from essential nutrients found in wholesome carbohydrates such as fruits, vegetables, legumes and whole grains. Carbohydrates from these sources are called, complex carbohydrates.

Allow 50 to 70 percent of your diet to come from complex carbohydrate sources (half of those from vegetables). Good fat should make up 10 to 30 percent of your daily diet, and 15 percent to 20 percent from lean animal and plant protein

### Myth #3: To lose weight you must follow a very low-calorie diet.

Eating too few calories puts your body in starvation mode. This actually does the opposite of what you are trying to achieve by slowing down the rate at which you burn calories.

A better approach is to eat smaller, more frequent meals and snacks.

A slower, more gradual weight loss will lead to loss of body fat without risking loss of too much muscle tissue and in the long run is easier to manage.

Aim for a healthy weight loss of 1-2 pounds a week.

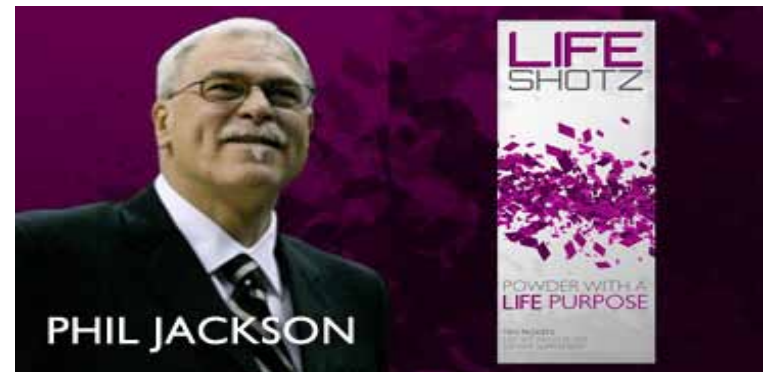
Try cutting your total daily calories by just 500kcal a day for a 1-2 pounds loss per week.

To maximize fat loss and help keep your blood sugar levels stable and metabolism operating at optimum speed aim to eat every 3-4 hours.

The more muscle mass you have, the faster your metabolism works and the more fat you will burn. Therefore incorporate weight training into your exercise regime along with a healthy balanced diet.

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### Myth #4: Eating whole eggs raises your cholesterol levels

Not necessarily. Yes, eggs are high in cholesterol, but the link between naturally occurring cholesterol and your cholesterol levels isn't clear-cut.

Studies have shown that the liver produces 80 percent of the cholesterol that's in your body. The rest comes from the food you eat, mainly from foods high in saturated fat and trans fat (deep fried foods, pastries, chips, junk foods!).

Cholesterol also plays an important role in testosterone production, a key component in building muscle tissue.

Be sure to follow us on



### Myth #5: Only eat when you're hungry

Your body works best when it's receiving a steady supply of fuel. The fuel in this case is food.

Eating regularly helps your body regulate blood-sugar levels and keeps your body burning calories instead of hoarding them and saving them as fat.

If you go long periods without food your blood sugar levels fall, causing you to crave a quick sugar fix. Your body wants glucose but more than often people will translate that to needing sugar, as in sweets. Feed your body something nutritious. It will give you the spike of energy it craves and will keep you fuller for longer.

The information presented here is not intended to replace professional medical care when needed. Consult a qualified healthcare practitioner for disease diagnosis, therapy choice, medicine selection and dosage.



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In this business we are on the move for seven to eight months. We arrive at 3 a.m. many nights and the basketball staff is back on the move by 8 a.m. I've used Life Shotz for the past six months and found that drinking coffee becomes unproductive as it depletes my adrenals. I found Life Shotz a comfortable, reliable boost for mental and physical energy while reducing the effects of stress.

In this weird world of plastic bottled water, I like the fact that it comes in a powder and I can choose to use a reusable bottle and limit the amount of plastic I use.

Life Shotz has the juice to fire you up and ingredients to keep you on cue without derailing your system."



**PHIL JACKSON  
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**HEADS UP! THIS IS POTENT STUFF!**

This isn't a sugary drink served after story time. It's packed with vitamins. (those things that make veggies less popular than candy, but are actually good for you). We recommend mixing one packet with 8-12oz of ice cold water and drinking within two hours of eating.

.....  
 These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Pregnant or lactating women, diabetics, hypoglycemics and people with known medical conditions should consult a health care professional before adding any nutritional supplement to their diet.

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