

Itinerary for Dream Duals and JV Duals (January 18th and 19th)

Dream Duals - Spokane Convention Center - 334 W Spokane Falls Blvd, Spokane, WA 99201

JV Duals - Lewis and Clark High School - 521 W 4 Ave, Spokane, WA 99204

Friday, January 18th

- **2:30-4:30pm** Practice at Kamiakin
- **5:00pm** Board bus and leave Kamiakin
- **7:30pm** Check in at Hotel
 - o **Red Lion on the River - 700 N Division St Spokane, WA 99202**
- **9:30pm** Lights out

Saturday, January 19th

Varsity Dream Duals

- **5:30am** Wake up
- **5:45am** Pick up breakfast
- **6:00am** Leave hotel for Spokane Convention Center
- **6:15am** Skin Checks
- **6:30am** Weigh-ins (+ 2lbs)
- **8:00am** Wrestling begins
- We will leave after our last match.

JV Duals

- **5:30am** Wake up
- **5:45am** Pick up breakfast
- **6:00am** Leave hotel for Spokane Convention Center, then Lewis and Clark HS
- **7:30am** Weigh-ins (+1lb)
- **9:00am** Wrestling begins
- **5:00pm** We will leave after our last match to pick up the varsity team.

What to bring:

You will need to provide a dinner for Friday night, lunch and snacks for Saturday. The convention center does not allow coolers, so you will need to keep food cold in your bag.

Make sure you have all of your wrestling gear (shoes, singlets, head gear, etc.) and extra clothes.

Rules and expectations

- ◆ Wrestlers will display good sportsmanship, teamwork, integrity, and excellence for the entire trip.
- ◆ All Kamiakin High Wrestlers and participants will follow the directions of the coaching staff and remain in good standing with the coaching staff the entire trip.
- ◆ Wrestlers are to notify the coaching staff of their whereabouts through the entire trip. Wrestlers are not to leave any facility the team is without coach approval.
- ◆ Wrestlers are required to stay and support their teammates for every match.
- ◆ Wrestlers will wrestle every match required unless deemed sick or injured by the coaching staff.