

**Itinerary for Walla Walla Takedown Tournament – Walla Walla High School
800 Abbott Road, Walla Walla, WA 99362**

Wrestlers must have 8 practices to be eligible to compete.

The Walla Walla tournament will be an individual tournament takedown tournament which will consist of Varsity, JV, and girls. Parents are allowed to observe and support their wrestler from the stands. Due to team expectations as well as WIAA rules, parents will not be allowed to be mat-side or on the floor coaching. It is also agreed in the expectations that each wrestler participating will remain at the tournament to support their teammates until the tournament is finished. For extenuating circumstances, prior arrangements must be made before the tournament.

Scoring: 2pt Takedown

Saturday November 24th, 2018

- ◆ **Athletes are to be at Kamiakin High on weight at 7:00 a.m. to board the bus. Bus departs at 7:15 a.m.**
- ◆ **Approximately 8:30 a.m.- Arrive at Walla Walla High School.**
- ◆ **9:00 a.m.- Weigh Ins. 2lb allowance (106=108, 113=115, etc.)**
- ◆ **Warm up immediately following weigh-ins**
- ◆ **10:00 a.m.(ish)- Wrestling starts**
- ◆ **Tentative finish- 2:00 p.m**

You will be responsible for providing nutritious food for the day to refuel your body. Some examples include Turkey sandwiches on whole wheat (no cheese, mayo), Low sodium wheat thins, Rice Cakes, granola bars, bananas, coconut water, Gatorade, Meal Replacement shakes (Advocare, Ensure), Powerbars, etc.

Make sure you have all of your wrestling gear (shoes, singlets, head gear, mouth guards, hair nets, etc.)

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.