

Twin Rivers Info Letter

Hello

Below is the information for this years Twin Rivers Girls Dual tournament in Des Moines, IA. The date for this tip is April 11-13. Wrestling will take place at the MidAmerican RecPlex in West Des Moines. We will be taking 2- HS girls teams to this event. Wrestlers can be in 7th-12th grade. Cost of the trip is \$300 non-refundable. Schedule will be as follows:

April 11th- Check in at West Central HS in Hartford at 7:30 AM. Bus will leave at 8:00 AM. We will make one stop along the way before arriving at MidAmerican RecPlex. Weigh-ins will be at 5:00 Two pound allowance will be given. After weigh-ins, we will check in to the Airport Holiday Inn on LaFluer Drive.

April 12th- Wrestling will begin at either 8:00 AM or 2:00 PM Depending on which pool we are in. We will get 5 duals that day.

April 13th- We will check out of the hotel and load buses for the RecPlex. We will wrestle at 8:00 AM or Noon. Depending on the pool we are in. After we are done wrestling, we will load buses to return back to Hartford.

The tournament will use modified folkstyle rules. Neutral restarts and 1 point step outs. High School weights will be used. Weight classes are- 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190 HWT (not to exceed 260). Again there will be a 2# allowance. So for example, 100 can weigh 102. More information can be found on the AAU website.

There will be no wrestle offs. Teams will be based on state placing to the best of our ability. Coaches are still being selected coach on this trip.

The cost again is \$300. For this price you get:

-Transportation	-Team SD Gear	-Hotel	-Entry Fee
-Breakfast at the hotel Sat morning	-Coaching	-Entry Fee	

This years trip will be headed by Chris Sayler. If you have any questions, please contact me at the info below.

Paperwork needed to participate:

-Team SD Info Form	-AAU Card	-Copy of birth certificate	-Report Card
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Chris Sayler

605-759-1223

Chris.sayler@k12.sd.us

Team SD AAU Information

Wrestler's Full Name: _____

Wrestler's Address: _____

Wrestler Phone Number: _____

Birthdate and Grade in School: _____

Parent Phone _____

Email Address: _____

Event Name: _____

Weight Class: _____

Division (Middle School or High School) _____

Singlet Size: _____

Shirt Size: _____

Short Size: _____

Insurance Information- Insurance Company and Policy Number

Paperwork needed to wrestle:

-Current AAU Card

-Copy of Birth Certificate (Please don't send original)

-Current Report Card

-Team SD Info Sheet

-Copy of Driver's license- Only needed for Scholastic Duals

I _____ (parent or guardian) give Team SD AAU coaches permission to make any decisions necessary for the well being of my child.

If mailing this form with the paperwork, please send to:

Chris Sayler

PO Box 619

Freeman, SD 57029

605-759-1223