

2009 Colorado National Team: Guidelines

Invitations to National Team Training Camp

- Rocky Mountain Junior Regionals Top 3
- Northern Plains Junior Regionals Top 3
- Western Junior Regionals Top 3
- Southern Plains Junior Regionals Top 3
- National Duals Team Member
- Returning Cadet or Junior All-American
- Colorado USA Wrestling State Qualifiers Top 4

Team Members Selection of Wrestling Style

- A Wrestler who qualifies for the Colorado National Team Training Camp does so in both Freestyle and Greco-Roman.
- A wrestler will make a decision as to what style he is going to wrestle upon arriving at camp. Wrestlers may choose to wrestle in only the Freestyle or only Greco-Roman, or both. Women wrestlers will be wrestling Freestyle only since that is the only style offered for women at the Nationals in Fargo.
- Freestyle Team will be filled first through trials tournament process. Greco-Roman Team will be filled second.

2009 Equipment Package

- Two Workout Shirts
- One Pair of Workout Shorts
- One Warm-up Jacket
- One Gear Bag

Camp Fees and Deposits

- Entire cost of Colorado National Team Training Camp and Participation in Cadet/Junior National Tournament is \$940.
- Deposits for National Team Training Camp will be a **nonrefundable** \$250
- All required forms must be mailed to the Women's, Cadet, or Junior Director within the designated deadlines.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Dan Havens, 404 South Commercial Street, Trinidad, CO 81082.
- The balance of \$690 must be paid by June 20, 2009.
- Wrestlers who do not qualify for a position on the National Team at the camp, all but the cost of the camp (\$250) will be refunded to you.
- Wrestlers who are injured during camp or drop out of camp will not receive a refund for the camp portion of expenses.
- Wrestlers who make the National Team and sustain injury or are unable to participate for some reason will not receive a refund for any reason.
- See "Required Forms" below.

Cadet Duals – June 17-21 - Rochester, Minnesota

- Entire cost to participate on the Colorado Cadet National Duals Team is \$590.
- A \$250 deposit is required for the Cadet National Duals Tournament. If wrestlers do not make the team solely as a result of wrestle-offs, all payments (including deposits) will be refunded.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Dan Havens, 404 South Commercial Street, Trinidad, CO 81082.
- The balance of \$340 must be paid by June 10, 2009.
- Wrestlers who do not qualify for a position on the National Duals Team will be refunded their deposit and all payments made for the trip. Once the team is picked, there will be NO refunds.
- There will be a one day mini-camp the day before departure to the Duals. Wrestlers may be required to wrestle-off for a spot on the team at the mini-camp. If a wrestler fails to win their wrestle-offs, they may be requested to attend the competition at the discretion of the Cadet Director. Wrestlers are expected to show-up ready to compete. This includes having their weight under control along with their conditioning level high enough to compete competitively.
- See “Required Forms” below.

Junior Duals – June 23-28 - Oklahoma City, Oklahoma

- Entire cost to participate on the Colorado Junior Duals National Team is \$550.
- A \$250 deposit is required for the Junior National Duals Tournament. If wrestlers do not make the team solely as a result of wrestle-offs, all payments (including deposits) will be refunded.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Dan Havens, 404 South Commercial Street, Trinidad, CO 81082.
- The balance of \$300 must be paid by June 15, 2009.
- Wrestlers who do not qualify for a position on the National Duals Team will be refunded their deposit and all payment made for the trip. Once the team is picked, there will be NO refund of deposits or payments.
- There will be a one day mini-camp the day before departure to the Duals. Wrestlers may be required to wrestle-off for a spot on the team at the mini-camp. If they fail to win their wrestle-off, they may be requested to attend the competition at the discretion of the Junior Director. Wrestlers are expected to show-up ready to compete. This includes having their weight under control along with their conditioning level high enough to compete competitively.
- See “Required Forms” below.

Required Forms-downloadable at CUSAW.ORG (under age divisions)

- Cadet/Junior National Tournament--**Only**.
 - Forms to be Mailed:
 - Behavior Agreement
 - National Camp Application (\$250 Deposit Required—Junior, Cadet, and Women’s Divisions)
 - Forms required at Camp Check-in:
 - Weight Certification Form
- Cadet/Junior National Duals Tournament--**Only**.
 - Forms to be Mailed:
 - Behavior Agreement
 - Dual Team Application (\$250 Deposit Required—Junior and Cadet Divisions)

- Cadet/Junior National Tournament (Fargo) and Cadet/Junior National Duals Tournament—**Wrestler Competing in Both Competitions**.
 - Forms to be Mailed:
 - Behavior Agreement
 - National Camp Application (\$250 Deposit Required—Junior and Cadet Divisions)
 - Dual Team Application (\$250 Deposit Required—Junior and Cadet Divisions)
 - Forms required at Fargo Camp Check-in:
 - Weight Certification Form

Wrestler's Weight—Required for the National Team Camp

- Wrestlers are able to qualify for camp at any weight and are not restricted to that weight.
- USA Wrestling's ***RAPID WEIGHT REDUCTION RULE*** will be enforced at the Team Colorado Training Camp. Please review this rule closely (See USAW Weigh-in Policy on Entry Form).
- Wrestlers must complete the ***WRESTLERS WEIGHT CERTIFICATION FORM*** and submit it at camp registration. The card must have the signature of a physician and the wrestler's parents indicating the minimum weight classification the wrestler can safely participate at. ***The form cannot be dated earlier than June 15th.***
- Light and middle weight wrestlers will not be allowed to drop more than one weight classification (84 to 160 lbs.), and upper weight wrestlers will not be allowed to drop more than 13 pounds from the weight they check into camp at.
- Coaches may move a wrestler to a higher weight class if there is a spot available and that spot is not being contested.
- Wrestlers who fail to make weight at Fargo, ND will be sent home at their own expense. Please think ahead when you are determining a weight class to compete at.
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Medical Situations

- If a wrestler must receive medical attention during camp or at the National Tournament the **medical expenses are the responsibility of the wrestler.** This does not include routine treatment by the athletic trainer at either camp or the tournament.
- USA Wrestling does provide secondary medical coverage through mandatory purchase of the USA Wrestling competitor's card.
- Wrestlers should make every attempt to **get skin diseases taken care of, prior to reporting to the National Team Training Camp.**
- A skin check will be conducted at National Team Training Camp registration. If a potentially contagious skin condition does exist, an original doctor's medical release must be presented. This medical release must be less than four days old (**July 13th**) and must be on official letterhead.

Special Situations

- Colorado USA Wrestling encourages wrestlers to attend camps. **Do not, however, schedule a camp that conflicts with the National Team Training Camp.**
- **Wrestlers must attend Colorado's National Team Training Camp in order to be a member of the Colorado National Wrestling Team.** Participation in Colorado's National Team Training Camp is essential in building a strong team and establishing a concept of team.

- Medical hardship involving qualification for National Team Training Camp will be handled on a case by case basis. Doctor's documentation on official letterhead will be required.
- If a wrestler cannot participate in the training camp workouts they will not be eligible to participate in the team trials tournament.
- Wrestlers and parents must complete the Release Waiver in order for the coaching staff to release a wrestler from the tournament to ride home with his parents or in another private vehicle.

Condition and Weight Prior to Training Camp

- The Colorado National Team Training Camp is set up to put the finishing touches on conditioning and to provide instruction in Freestyle and Greco-Roman technique and strategy.
- It is very important that wrestlers report to training camp in good physical condition. Wrestlers should be involved in a serious wrestling and conditioning program in the weeks leading up to the National Team Training Camp.
- If you report to camp out of shape, you will not be ready to compete at the national level in the brief time we have for camp.
- Wrestlers should also report to camp within 3 to 5 pounds of the weight they intend to compete at. This depends somewhat on the size of the athlete – the lighter the weight class the closer you should be to weight.
- Use of plastics, rubberized nylon, saunas, laxatives, etc. will NOT be allowed at camp or at the tournament, according to the USA Wrestling – **RAPID WEIGHT REDUCTION RULE.** Be aware of this rule and its consequences.

Drugs, Alcohol, Inappropriate and Illegal Activity

- Colorado USA Wrestling **will not tolerate the use of drugs or alcohol at anytime** by wrestlers on Team Colorado or those participating in the National Team Training Camp.
- **Use of drugs and/or alcohol will result in immediate dismissal from National Team Camp and/or Team Colorado, with no refunds and uniform return.**
- If a wrestler is involved in **ANY** illegal activity, law enforcement authorities **will** be called in.
- Wrestlers will not be in the room of any member of the opposite gender or have any member of the opposite gender in their room.
- Wrestlers who violate any of the Drug, Alcohol, Inappropriate and Illegal activity guidelines will be turned over to the **Local Child Protective Agency,** and further disciplinary action by the Colorado USA Wrestling State Board of Directors may result.
- **Wrestler's rooms at camp and at the tournament site are subject to inspection by the coaches at anytime.**
- Wrestler's luggage **will** be inspected prior to boarding the bus to Fargo, ND.

Questions?

- If you have any questions regarding the guidelines please call the State Chairman, Junior Director or Cadet Director for further information.