

## 2010 Colorado National Team: Guidelines

### Invitations to National Team Training Camp—July 11 to 24<sup>th</sup>

- 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 Members
- 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.

### 2010 Equipment Package

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

NOTE: WRESTLERS MUST ORDER SINGLETS ONLINE AT [CUSAW.ORG](http://CUSAW.ORG) PRIOR TO **APRIL 30<sup>TH</sup>, 2010**. SINGLETS ARE FOR SALE TO ALL MEMBERS OF CUSAW AND IF A WRESTLER PLANS ON ATTENDING A NATIONAL EVENT AS A MEMBER OF THE NATIONAL TEAM, THEY MUST ORDER THEIR SINGLETS BY THIS DEADLINE.

### 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 due within ten days from the date a qualifier receives notice from their respective age division director that they have qualified.
- 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 CUSA.W.ORG website or can be mailed to: Colorado USA Wrestling, C/O Gina Becker, 10774 Belle Creek Blvd #323, Henderson CO 80640

- The balance of \$690 must be paid by June 15, 2010.
- 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 are REQUIRED to attend the National Team camp preceding the National Championships. Wrestlers must stay in accommodations overnight and are being asked to bring a sleeping bag. All food, transportation and accommodation will be provided.
- 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 National Duals – June 15-19 - Rochester, Minnesota**

- State Champions ONLY will have an automatic confirmed spot on the National Dual Team. Additional wrestlers will be added and confirmed by the Cadet Director with input from the Coaching Director and the Cadet dual team coaching staff. All interested wrestlers who are NOT State Champions must contact the Cadet Director if interested in attending the National Duals. All wrestlers will be given consideration and deposits should be mailed only after confirmation from the Cadet Director that interested wrestlers are on the team. Lastly, wrestlers will wrestle duals and participate as directed by the coaching staff. The goal being to win the dual match and to make the All-American medal round. All wrestlers will participate as well as getting a chance to be rested to make it through the entire tournament in both Greco and Freestyle.
- Entire cost to participate on the Colorado Cadet National Duals Team is \$400.
- A \$200 deposit is required for the Cadet National Duals Tournament. Wresters should only make a deposit payment once confirmed as a team member. Once deposits are made, there will be no refunds.
- Deposits and payments can be made via **Pay Pal** on the CUSA.W.ORG website or can be mailed to: Colorado USA Wrestling, C/O Gina Becker, 10774 Belle Creek Blvd #323, Henderson CO 80640.
- The balance of \$200 must be paid by June 5, 2010.
- There will be a one day mini-camp the day before departure to the Duals. 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 National Duals – June 23-28 - Oklahoma City, Oklahoma**

- State Champions ONLY will have an automatic confirmed spot on the National Dual Team. Additional wrestlers will be added and confirmed by the Junior

Director with input from the Coaching Director and the Junior dual team coaching staff. All interested wrestlers who are NOT State Champions must contact the Junior Director if interested in attending the National Duals. All wrestlers will be given consideration and deposits should be mailed only after confirmation from the Junior Director that interested wrestlers are on the team. Lastly, wrestlers will wrestle duals and participate as directed by the coaching staff. The goal being to win the dual match and to make the All-American medal round. All wrestlers will participate as well as getting a chance to be rested to make it through the entire tournament in both Greco and Freestyle.

- Entire cost to participate on the Colorado Junior Duals National Team is \$375.
- A \$200 deposit is required for the Junior National Duals Tournament. Wresters should only make a deposit payment once confirmed as a team member. Once deposits are made, there will be no refunds.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Gina Becker, 10774 Belle Creek Blvd #323, Henderson, CO 80640.
- The balance of \$175 must be paid by June 5, 2010.
- There will be a one day mini-camp the day before departure to the Duals. 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.

### **Womens National Duals – June 23-28 - Oklahoma City, Oklahoma**

- State Champions ONLY will have an automatic confirmed spot on the National Dual Team. Additional wrestlers will be added and confirmed by the Women’s Director with input from the Coaching Director and the Women’s dual team coaching staff. All interested wrestlers who are NOT State Champions must contact the Women’s Director if interested in attending the National Duals. All wrestlers will be given consideration and deposits should be mailed only after confirmation from the Women’s Director that interested wrestlers are ON the team. Lastly, wrestlers will wrestle and participate in duals as directed by the coaching staff. The goal being to win the dual match and to make the All-American medal round. All wrestlers will participate as well as getting a chance to be rested to make it through the entire tournament in both Greco and Freestyle.
- Entire cost to participate on the Colorado Women’s Duals National Team is \$300.
- A \$200 deposit is required for the Junior National Duals Tournament. Wresters should only make a deposit payment once confirmed as a team member. Once deposits are made, there will be no refunds.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Gina Becker, 10774 Belle Creek Blvd #323, Henderson, CO 80640.
- The balance of \$100 must be paid by June 5, 2010.
- There will be a one day mini-camp the day before departure to the Duals. 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.

### **School Boys National Duals – June 9-13 – Indianapolis, Indiana**

- See “Required Forms” below See “Required Forms” below.
- Must have a current 2010 USA Wrestling Athlete Participant Card, have participated in a Colorado State Youth wrestling program in the 2009/2010 and be a resident of Colorado for more than 6 months.
- Qualify at any of the three CUSAW qualifying events (top 3 places) including the State Freestyle/Greco State Championships
- All 2010 Colorado State Freestyle/Greco champions will have an automatic spot on the team. All participating wrestlers (including the State Champions) will be placed in the line-up based on the discretion of the coaching staff. With the exception of the State champions, wrestlers who qualify will be on the team unless there are too many for a particular weight class. In this case, wrestlers will be chosen based on the coaches discretion which MAY include a wrestle-off. The 2010 Schoolboy head coach will determine the final team. The Kid’s Director and State Chairperson will make all final decisions in protest circumstances.
- CUSAW has the right to refuse any athlete for any reason (sportsmanship, ethics, conduct, parents conduct, or other reasons). Athletes are expected to behave and conduct themselves in an acceptable manner. More information on conduct will be included in the information packet.
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- The final team positions during competition will be determined on a match by match basis at the discretion of the head coach and staff with the goal of winning the dual and placing in the top eight. There are 17 weight classes and winning teams usually have over 25 team members, the maximum is 27 per team of FS and GR. Schoolboy/girl athletes get injured, tired and need rest periods. Therefore, extra wrestlers are the rule and teamwork is critical to the success of the Colorado team. The coaching staff will work diligently to compete to win while allowing mat time and experience for all athletes.
- Entire cost to participate on the Colorado Women’s Duals National Team is \$400.
- A \$200 deposit is required for the Junior National Duals Tournament. Wresters should only make a deposit payment once confirmed as a team member. Once deposits are made, there will be no refunds.
- Deposits and payments can be made via **Pay Pal** on the CUSAW.ORG website or can be mailed to: Colorado USA Wrestling, C/O Gina Becker, 10774 Belle Creek Blvd #323, Henderson, CO 80640.
- The balance of \$200 must be paid by June 1, 2010.
- Training camp date will be announce to all qualified and confirmed participants.
- See “Required Forms” below.

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

- Cadet/Junior/Women’s National Tournament
  - 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 National Duals Tournament
  - Forms to be Mailed:
    - Behavior Agreement
    - Dual Team Application (\$200 Deposit Required—Cadet Division)
- Women’s National Duals Tournament
  - Forms to be Mailed:
    - Behavior Agreement
    - Dual Team Application (\$200 Deposit Required—Womens Division)
- Junior National Duals Tournament
  - Forms to be Mailed:
    - Behavior Agreement
    - Dual Team Application (\$200 Deposit Required—Junior Division)
- School Boys National Duals Tournament
  - Forms to be Mailed:
    - Behavior Agreement
    - Dual Team Application (\$200 Deposit Required—School Boy Division)

**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 11<sup>th</sup>.*

- 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 7<sup>th</sup>**) 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.
- Any special concerns must be presented to the wrestlers respective age group director.

### **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.