

TO: Region II 4A Wrestling Coaches and Athletic Directors
FROM: Jess Workman
DATE: January 29, 2007
RE: WIAA Region II Wrestling Tournament

Dear Coach/Athletic Director

Decatur, Federal Way, Kent-Meridian, Kentlake, Kentridge, Kentwood, Thomas Jefferson, Tahoma, Bothell, Franklin, Inglemoor, Lake Washington, Roosevelt, Ballard, Eastlake, Garfield, Juanita, Redmond, Woodinville

Thomas Jefferson High School is pleased to host the 2007 Regional Wrestling Tournament. We would like to congratulate you and your wrestlers in their accomplishments, and hope that you will experience continued success.

It is our hope that the following information will answer any questions that you may have at this time regarding this tournament.

Good luck to you and your wrestlers.

Date:

Saturday, February 10th at Thomas Jefferson High School

Team Parking:

Team parking will be behind the gymnasium

Weigh-ins:

Weigh-ins will begin at 8:00AM in the lower gym. Weigh-in procedures (included) will adhere to the WIAA and NFHS guidelines.

WRESTLERS MUST HAVE PICTURE ID AT WEIGH-INS.

Wrestling:

Saturday, February 10th beginning at 9:15AM

8:45	Coaches Meeting	
9:15 -10:00	Pig-tail matches	4 mats
10:00 -12:00	1 st Round Matches	4 mats
12:00 -12:30	Lunch Break	
12:30- 3:00	2 nd Round & Consolation Semi-Finals	4 mats
3:00- 4:30	Dinner Break	
4:30- 6:00	Consolation Finals (3 rd /4 th & 5 th /6 th)	2 mats
6:30- 8:30	Championship Finals & Awards	1 mat

Awards

Medals will be given to the top four wrestlers in each weight class, who will move on to represent Region II at the 2007 Mat Classic on Friday, February 16th and Saturday, February 17th in the Tacoma Dome. Please inform your wrestlers that there will be a group photo of the top four immediately following their ceremony. We request wrestlers wear their team warm up top or sweatshirt for this picture.

Admission:

Doors open at 8:30AM

Prices:

\$7.00 Adults and students without an ASB card

\$5.00 Students with an ASB card

\$5.00 Senior citizen

Children under the age of 5 will be admitted free.

Cheerleaders:

In uniform and their supervisor will be admitted free of charge. There are to be no more than four cheerleaders at a mat at one time. (may have up to 8 for finals)

All spectator seating will be upstairs, only participants will be allowed at mat level. Lower level seating will be open to spectators for the Consolation and Championship Finals. Coaches please share this information with your parents.

Mat classic tickets will be on sale from 4:00-6:00PM. Please encourage your parents to purchase these in advance of the Mat Classic to avoid waiting at the Tacoma Dome.

Co-Tournament Managers:

Doug "Boomer" Burnham, Asst. coach Tahoma 253-335-2642

Jess Workman, Head coach at Thomas Jefferson 253-249-8778

Officials:

All officials are assigned by WIAA.

Coaches:

There will be a hospitality room for coaches in the weight room.

Coaches Meeting:

We will have a brief coaches meeting at 8:45AM to finalize information, answer questions and vote for Region II 4A Coach of the Year.

Dressing Rooms:

Signs will be posted on our locker room door establishing where each school dresses. Towels will not be provided and you are responsible for your own belongings. Encourage your wrestlers not to bring anything of value bring a lock to secure valuables in the locker room.

Hospitality room:

The TJ wrestling booster club will be providing this to the coaches and officials.

Mats:

Four mats will be used until the finals.

Mat Seating: Two chairs will be provided for coaches. There are to be **no more than two** people in the mat area, including video. **This will be strictly enforced.**

Banners:

Only official school banners will be allowed. No paper signs will be permitted.

WIAA Ejection Policy: An ejected wrestler is barred from all further competition if:

- a. Ejected for Flagrant Misconduct
- b. Ejected for second instance of unsportsmanlike conduct of an abusive nature.

CONCESSIONS WILL BE PROVIDED BY RPM WRESTLING BOOSTERS

REGIONAL T-SHIRTS WILL BE SOLD

If you have any questions please don't hesitate to call Jess Workman at 253-945-5730 (work), 253-249-8778 (cell), or email at jworkman@fwps.org or Doug Burnham at 253-335-2642 (cell), or email him at Dburnham@TahomaSD.US

Included Information:

1. WIAA 2006-07 Info Sheet
2. WIAA New Updates, Procedures & Points of Emphasis for Mat Classic XIX
3. WIAA Regional Tournament Weigh-In Procedures

Directions to Thomas Jefferson:

From I-5 take the S. 272nd St. exit (EXIT # 147); turn east on S. 272nd St.
Go about ¼ mile to Military Road S; turn right (south) at the stoplight onto Military Road S.
Go about 1 mile to S. 288th St.; turn left (east) at the stoplight onto S. 288th St.
The school is approximately one mile on the left.

Pass List (please return by Feb. 7th)

School: _____

School Colors: _____ **Mascot:** _____

Athletic Director: _____

Head Coach: _____

Asst. Coaches _____

Managers/Stats: _____

Video: _____

Trainer: _____

Supervisors: _____

Cheer Advisor: _____

Wrestlers: _____

The following National Federation Wrestling Rules weigh-in procedures will be used at all WIAA Regionals and Mat Classic.

Coaches: Please review these procedures with your wrestlers.

- A. All weigh-ins will begin 2 hours prior to the start of wrestling each day of the tournaments. All wrestlers are to be present and remain in the designated weigh-in area during the weigh-in period. During the weigh-in process no activities that promote dehydration are permitted. Teams may be weighed-in by weight class or team.
- B. The team packet will contain a weigh-in card for each entrant and alternate. The wrestler must present the weigh-in card to gain access to the weigh-in area. The wrestler must also present photo ID such as an ASB card or driver's license. In the event the wrestler fails to bring acceptable photo ID, his coach must be present at the weigh-in entrance to vouch for the wrestler's identity. The wrestler signs the back of the weigh-in card and then signs again at the scales.
- C. The wrestler must clear the hair/nail check at the weigh-in area.
- D. After being admitted to the weigh-in area, the wrestler must clear a thorough health check by physicians/trainers or officials. Weigh-ins shall proceed through the weight classes beginning with the lowest weight class. Wrestlers treated by a physician prior to the tournament must bring the infectious skin form, signed by the physician, to weigh-ins. This form is only good for 10 days from the date of signature. The tournament officials will make the final determination on the participation of all wrestlers where health and safety are concerned.
- E. The wrestler must present his/her weigh-in card and photo ID to the weigh-in official. If the wrestler makes weight the official will collect the weigh-in card. Only wrestlers whose weigh-in cards have been collected become tournament entrants.
- F. A wrestler shall weigh-in for only one weight class during the weigh-in period. If only one scale is available, a wrestler may step on and off that scale two times to allow for mechanical inconsistencies. If multiple scales are available, a wrestler may step on and off the first two times. If the wrestler fails to make weight on the first scale, the wrestler immediately shall step on each of the available scales one time in an attempt to make weight.
- G. The weigh-ins end immediately following the completion of the highest weight class or last team.
- H. Female athletes will be weighed-in by an approved female in a separate area just prior to or immediately following the weigh-in process.
- I. **Every effort will be made to notify coaches in the event their alternate seems likely to become a participant.**