

Lake Mills Wrestling Club Wrestling Tournament

Lake Mills High School • 102 S 4th Ave East • Lake Mills, IA 50450

Friday, November 27, 2009

New this year - Will be using two gyms!

5th-6th and 7th-8th will use full mats in second gym

Entry Fee: \$10 in advance, \$12 at the door. NO REFUNDS. **Make checks payable to:** Lake Mills Wrestling Club. **Mail entry form and \$10 by November 20th to:** Kevin Hebrink, 605 S Western, Lake Mills, IA 50450. Phone: 641-592-4002.

Kindergarten Prep through Eighth Grade

- Round-robin tournament - four-person brackets
- Everyone wrestles 3 times, if possible
- Medals awarded to all four places
- Awards handed out shortly after brackets are complete

Grade	Weigh-in time
K Prep & K	1:00-1:30 pm
1 & 2	1:00-1:30 pm
3 & 4	2:00-2:30 pm
5 & 6	1:00-1:30 pm
7 & 8	2:00-2:30 pm

Tournament Rules:

1. Concession stand available -- Sponsored by the LM Wrestling Club.
2. Coaching at mat side.
3. Matches will consist of three, one-minute periods. Overtime will be sudden death and first to score wins
4. Any boy or girl causing trouble or doing damage in the facility will be held responsible for such damages and will be rules ineligible for the rest of the day.
5. When a participant is not on deck, or wrestling, he/she is expected to be in the bleachers.
6. Participants will be responsible for any lost items.
7. Injuries must be reported to the meet director the day of the tournament.
8. Showers are available. Bring your own towel.
9. Admission will be charged to everyone except participating wrestlers.
10. No sweatpants, sweatshirts or jeans please.
11. Skin diseases: Anyone with skin problems will not be allowed to participate. This includes cold sores, impetigo, boils and ringworm.

Registration Form

This is not a school sponsored event. No liability is assumed by the tournament coordinators, any officials, the City of Lake Mills, the Lake Mills Wrestling Club, or Lake Mills Community School. If you have questions, contact Kevin Hebrink at 641-592-4002 or Gary Holst at 641-567-3333. **Please duplicate this form as necessary.**

Please fill out and mail to: Kevin Hebrink, 605 S Western, Lake Mills, IA 50450

Name _____ Age _____

Address _____ Birth Date _____

School _____ Telephone _____

Grade _____ Weight _____ Record _____ Beginner Intermediate Advanced

Parent Signature _____