

Wrestling With the Best!

2009/2010 Information Sheet Continued.....

2009/2010 Tournament Schedule

Date	League	Tournament	City
November			
Saturday, November 07, 2009	PPWL	DTWC Tournament	Colorado Springs
Sunday, November 08, 2009	WSWL	Northglenn	Northglenn
Saturday, November 14, 2009	PPWL	Castle Rock Sabercat Tournament	Castle Rock
Sunday, November 15, 2009	WSWL	Omari Nunn Memorial - Elite	Denver
Sunday, November 22, 2009	WSWL	Chaparral	Parker
Sunday, November 29, 2009		Open	
December			
Saturday, December 05, 2009	PPWL	POWA	Pueblo
Sunday, December 06, 2009	WSWL	Broomfield	Broomfield
Sunday, December 13, 2009	WSWL	Alameda	Alameda
Sunday, December 13, 2009	WSWL	Grandview - <i>Experienced only</i>	Parker
Sunday, December 20, 2009	WSWL	Chatfield	Chatfield
Sunday, December 27, 2009	WSWL	Parker Sons of Thunder	Parker
January			
Saturday, January 02, 2010	RMN	Rocky Mountain Nationals - Who's Bad	Denver
Sunday, January 03, 2010	WSWL	Brighton	Brighton
Saturday, January 09, 2010	PPWL	Cheyenne Mountain	Colorado Springs
Sunday, January 10, 2010	WSWL	Westminster	Westminister
Sunday, January 17, 2010	WSWL	La Gente	Pueblo
Sunday, January 24, 2010	WSWL	Centaurus	Lafayette
Saturday, January 30, 2010	PPWL	Pine Creek	Colorado Springs
Sunday, January 31, 2010	WSWL	Clifford Haynes Memorial at Chaparral	Parker
February			
Saturday, February 06, 2010	PPWL	Thunder	Colorado Springs
Sunday, February 07, 2010		Hall of Fame	
February 12-13		High School Regional's	
February 19-20		High School State	
February 27-28	WSWL	Colorado Youth All State	Castle Rock
March			
Sunday, March 07, 2010	WSWL	Chaparral Folkstyle Classic	Parker
March 19-21	RMN	Rocky Mountain Nationals	

WSWL – Western Suburban Wrestling League

PPWL – Pikes Peak Wrestling League

RMN – Rocky Mountain Nationals Association

Please call or text 242-4189 with any questions

LGYS Wrestling Club

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PRACTICE: Practice is Mon - Fri 6pm to 8pm for all wrestlers. Only 3 practices are mandatory.

- If the room becomes crowded, we will change to experienced wrestlers on Mon, Wed and Fri and intermediate/beginners on Tue and Thur
- 3 practices are required for a tournament

Fundraisers: It is mandatory for all wrestlers to participate in the team fundraisers in order to get their tournaments paid for.

Tournament Attire: La Gente loans a team singlet and headgear, the wrestler will not receive a singlet until he or she wrestles their first tournament.

During a tournament a wrestler **MUST** wear a singlet or two piece wrestling uniform (Brute or similar), and headgear. The singlet or two piece wrestling uniform shall not be loose fitting. Wrestling shoes are optional. Shoelaces **MUST** be secured.

Tournament Matches Time Periods:

*4's, 6's & 8's Three, sixty-second periods *10's, 12's & 14's Three, ninety-second periods

Tournament Weigh-Ins: Weigh in is are mandatory. Weigh ins may be held the day before and/or the day of the tournament. At the tournament Director's discretion, a satellite or remote weigh in may be arranged. The satellite or remote weigh in **MUST** adhere to all League sanctions. Wrestlers **MUST** weigh in wearing a singlet.

Novice wrestler: By definition, a novice wrestler is a wrestler that has not competed in a tournament in a prior season. Such tournaments include but are not limited to WSWL, Metro, USA, AAU, or other youth wrestling league sponsored tournaments.

Coaching at mat side: Only **TWO** individuals (coach, parent, teammate, etc.) per team will be allowed to coach at mat side. Individuals at mat side **MUST** have a **VISIBLE USA Bronze, Silver, or Gold coach's card**. All other individuals must be in the designated spectator area.

WSWL Age Group and Weight Classes

6 and U	35, 40, 45, 50, 55, 60, 65, 70, 75, 85, Max
8 and U	45, 50, 55, 60, 65, 70, 75, 80, 87, 95, 112, hwt
10 and U	55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, hwt
12 and U	65, 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, hwt
14 and U	77, 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, hwt

CUT OFF DATE: The cut off date is September 1st. The wrestler's age on September 1st determines the age group the wrestler will compete in during the season. 4 and under weight classes will be determined based on the number of wrestlers

