



Hagerstown Police Athletic League Wrestling

P.O. Box 2403

Hagerstown, MD 21741-2403

www.palwrestling.org



Greetings to all Wrestlers, Coaches, and Parents!

Thank you for your interest in the 9th Annual Hagerstown P.A.L. Novice Wrestling Tournament. This year's tournament will be held on Sunday, December 11th, 2011 at North Hagerstown High School. Times are posted on the entry form and directions to the school are on page 3.

Our novice tournament is for wrestlers who have started this year or last year. No more than one year experience and we DO allow all six year olds to enter. Junior High coaches: please note that we have included 14 year olds this year.

When teams begin to compete in league events wrestlers will usually be matched up according to age and weight. Often a beginning wrestler will be matched up against opponents that may have several years experience. Novice tournaments will give those beginners a level playing field and ultimately a rewarding experience.

This tournament is conducted 'Madison Style' which means all wrestlers (in age groups) will be lined up from lightest to heaviest, then divided into groups of four. Occasionally we will make groups of two, three, or five if we have wide variations in weight. We will separate teammates to the best of our ability. Those wrestlers are then assigned to a wrestling mat and face each member of their group. All wrestlers will be guaranteed two matches, most will get three. Each age group will be completed in two to two and a half hours, depending on number of contestants.

This tournament is fast moving. All wrestlers will weight in, wearing singlets (uniforms) and shoes so that they are ready to wrestle. At the conclusion of that age groups weight in time, we will line up, divide into groups, and start wrestling.

Please keep in mind that this tournament is intended to be fun, rewarding, and a learning experience. With that in mind, remember that all tournament workers are volunteers, and are there for the kids. We will have new officials and experience coaches serving as referees, along with seasoned officials. Many of the table workers will be new as well. There will probably be mistakes that occur. Mistakes will be made by referees, table workers, tournament officials, as well as parents, wrestlers, and coaches. We are asking everyone to stay in the stands and keep the mat area clear of spectators.

Remember, the spirit and intent of this tournament is to give those wrestlers a good first experience. NO WRESTLERS WITH MORE THAN A YEARS EXPERIENCE.

Team discounts are available. To qualify you must submit a roster form with at least 10 names, each individuals completed entry form and **one money order** for the group payment. Team discount package must be received by December 1, 2011. No Exceptions.

Maryland state law provides that all participants review the Concussion facts sheets for parents and athletes , which are available for review at www.palwrestling.org and will be posted on the day of the event.

Deadline for registration is Dec. 5, 2011

NO WALK IN REGISTRATIONS!!

Mail registration forms to P.A.L. Wrestling, PO Box 2403, Hagerstown, MD 21741-2403. Everyone must be pre-registered. We reserve the right to close age groups at any time as they fill -- and they will fill. Last year we closed the two younger age groups a week before the deadline!!

Thank you,

David Slick

P.A.L. Wrestling

Matdrill4pal@gmail.com

301-991-4355

www.palwrestling.org



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9th Annual Hagerstown P.A.L. Novice Wrestling Tournament

Date: Sunday, December 11th, 2011

Place: North Hagerstown High School
1200 Pennsylvania Ave.
Hagerstown, MD 21742

Weigh-Ins: All wrestlers will weigh dressed to wrestle (including shoes) at the door. See arrival times, weigh-in, and start times below. Weigh-ins will be cut off ½ hour prior to each age group's designated start times. ***Age is as of the day of tournament.***

Age Group	Arrive Time	Weigh-in Ends	Start Time
6 and Under	8:00 am	8:30 am	9:00 am
7-8	10:30 am	11:00 am	11:30 am
9-10	1:00 pm	1:30 pm	2:00 pm
11 -12	2:30 pm	3:00 pm	3:30 pm
13-14	2:30 pm	3:00 pm	3:30 pm

Rules: This is strictly a novice tournament (**No more than one year experience!!!**) ***Experienced coaches and new officials will perform refereeing on a volunteer basis.*** At the start of each session, all wrestlers will be lined up according to weight and put into groups of 4. That group will then wrestle round robin. Every effort will be made to separate teammates. All matches will be 1-1-1 minute periods. Singlets are preferred and headgear is optional.

Spectator cost: Adults \$4.00, Students \$2.00, preschool free. Food will be available all day in the cafeteria. ***This tournament is intended to be a fun and rewarding experience for all wrestlers.*** Please remember all officials and workers are volunteers!

Awards: All Wrestlers will receive medals.

Entry Fee: \$20.00 must be received by December 5, 2011. **ABSOLUTLY NO WALK-INS THE DAY OF THE TOURNAMENT. NO REFUNDS.** Tournament will limit number of participants in each age group. Age groups will close when full regardless of date. Make checks payable to PAL Wrestling. Team discounts available. Call for details.

For Information: David Slick, 301-991-4355, better to email at matdrill4pal@gmail.com, Jeff Henline at 240-313-5136 or email at jwh@myactv.net. For Updates go to www.palwrestling.org

Hagerstown PAL Novice Wrestling Tournament

NAME: _____ YEARS EXP. _____ AGE: _____

ADDRESS _____

STREET

CITY

STATE

ZIP

PHONE: _____ EMAIL _____

We, the parents of _____, assume full responsibility for our son or daughter in case of any injuries he/she may incur during the wrestling tournament held at the North Hagerstown High School or while traveling to or from it. Please retain the documents on Concussions that have been provided for your future reference. I hereby acknowledge that I received the Concussion Information Sheet and the Fact Sheet for Athletes and Parents. I certify that I understand the information that has been provided concerning the signs, symptoms, prevention and treatment of concussions and the seriousness of concussions.

PARENT SIGNATURE _____ DATE _____

WRESTLER SIGNATURE _____ DATE _____

Mail to: P.A.L. Wrestling P.O. Box 2403 Hagerstown, MD 21741-2403



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CONTACTS / INFORMATION:

David Slick
301-991-4355
matdrill4pal@gmail.com

Jeff Henline
240-313-5136
jwh@myactv.net

MATCH DIRECTIONS:

**North Hagerstown High School
1200 Pennsylvania Ave.
Hagerstown, MD 21742**

FROM EAST OR WEST:

- I-70 to Hagerstown exit 32B (40W)
- Turn right at the third traffic light onto Eastern Blvd.
- Continue on Eastern through 8 traffic lights. You will pass the old Sears, McDonalds, and two schools until you come to Route 11 – Pennsylvania Ave.
- Turn left onto 11 S – Pennsylvania Ave.
- Go through 2 lights
- North Hagerstown High School is on your left. Take next left after going through the second traffic light. As you enter school property you will come to 2 forks in the road. Go left at the first and right at the second. Parking lots are in front of the building.
- Enter building thru the front or main entrance.

FROM NORTH OR SOUTH:

- 81 to exit 6A (40E).
- Turn left at the sixth traffic light onto Burhans Blvd. Continue North on Burhans. Burhans will merge into Pennsylvania Ave. (Large grocery store on your left.) You will pass tennis courts on your right, turn right into the Entrance of North Hagerstown High School.
- As you enter school property you will come to 2 forks in the road. Go left at the first and right at the second. Parking lots are in front of the building.
- Enter building through the front or main entrance.

PARKING:

Parking is available in the front and side of the school. Overflow parking is available by going all the way around to the left of the school and parking behind the gym. **Please do not park along any red curbs. You may be towed!!!** Please only park in designated spots.

Smoking:

There is no smoking allowed on Washington County school property at any time.

For Updates go to www.palwrestling.org