



Michigan Women's National Team

Team Michigan will return to Oklahoma for USA Wrestling Girls Folkstyle Nationals and Junior National Duals. Qualifier is the Girls State Tournament on Feb 26th at Fenton High School.

COSTS:

- \$250.00 Team Michigan Membership (Includes Singlets, gear and fundraising)
- \$400.00 Individual Cost for Oklahoma (Includes Gas, Lodging, Registration, Two Meals)
- \$225.00 Chaperone Cost for Oklahoma (Includes Gas, Lodging, Two Team Meals)
- \$50.00 Dual Team Registration fee for anyone traveling on their own and wrestling duals

FUNDRAISING:

- \$10 Raffle Tickets (\$500 First Prize, \$250 Second Prize, \$100 Third Prize)
- Local Sponsors – (Gas Stations, Dentist, Chiropractor, Doctor, Real Estate, Grocery Store, Restaurants / Diners, Insurance Agents, etc)
 - Have ALL checks made out to Michigan Women's Wrestling

Due Dates:

- February 26th @ Fenton – Michigan Girls State Championship
 - War Of The Roses Qualifiers (multiple)
 - ALL Money, Registration, and liability forms must be completed
 - All forms can be found on the <http://michigangirlswrestling.com/> website.

We want/need to take the top girls at every weight class. This is based on the girls that we know and who have competed in girl's events. Any girl wrestler is able to compete and win a spot on the Michigan Women's National Team. Any girl that wants to compete for Team Michigan must pay the Membership Fees and wear all of the Team Michigan gear as we travel.

Girls born (2001-2002) can wrestle cadets. Any girl in High School can wrestle Juniors and for the National Team in the Dual Team Competition. I have included the age groups and weight classes. Please note that the weight classes are the same for Cadets & Juniors this year, though Cadets have one additional lower weight class, while Juniors have one additional upper weight class.

The Dual Team Competition is based on the JUNIOR weights. Depending on the needs of the team and the match-ups, girls may be asked to wrestle up a weight class in the Duals.

Girls should be within 2-3 pounds of their desired weight class before we leave on Tuesday, March 21st. They need to lose weight the smart way which is to eat smart and drink a minimum of 64oz. of water each day. A good eating regimen is to eat small portions every two hours and to drink 8 oz. of water before eating. An example is:

Drink a carnation instant breakfast / protein shake and eggs for breakfast.
Two hours later drink 8 oz. of water and a protein bar
Two hours later drink 8 oz. of water and vegetables
Two hours later drink 8 oz. of water and a protein bar
Two hours later drink 8 oz. of water and fruit
Two hours later drink 8 oz. of water and a protein bar
Two hours later drink 8 oz. of water and 6-8 oz. of fish, chicken, or steak.

Eating every two hours will give the feeling of being full but actually limits your calorie intake to less than 1,600 calories. If you are working out every day, you should lose 1 pound every 2-3 days. You will also be well hydrated so you will be able to have energy and not have cramps or dizziness. Do not try to lose more than 5-10 pounds. Be smart and realistic.

Folkstyle Age Groups and Weight Classes:

Kids Division I (Born 2008-2010): 45, 50, 55, 60, 65, 70, 75, 80, 85, 85+, 85++, 85+++

Kids Division II (Born 2005-2007): 60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+, 118++, 118+++

Schoolgirl (2003-2004): 81, 89, 97, 105, 113, 120, 128, 137, 145, 155, 175, 195

Cadets (2001-2002): 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200

Junior (Born September 1, 1997 and after PLUS currently enrolled in grades 9-12): 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225

Please feel free to email or call me with any questions or clarifications.

Brent Harvey
313.220.1780
michigangirlswrestling@yahoo.com



February 15, 2017

Dear Michigan Women's Wrestling Team Member:

I wanted to share some information in preparation for the USA Wrestling Girls Folkstyle National Tournament in Oklahoma City at the end of March. We will be leaving on Tuesday March 21st and will be returning on Monday March 27th.

- 1) I would like to have a meeting with all athletes and coaches at approximately 8:45 a.m. on February 26th at the War of the Roses Tournament in Fenton. I would like to go over the itinerary, expectations and forms.
- 2) I am attaching a brochure for sponsorship. Ask your local grocery store, gas station, dentist, car dealership, hair dresser, restaurant, etc... to sponsor your athlete. Please have all checks made out to Michigan Women's Wrestling with your athletes name in the memo line. Try to get five or ten local businesses to sponsor you as a part of the Michigan National Team.
- 3) Please go to www.michigangirlswrestling.com to get all of the National Team Forms. These are the forms that must be completed and turned-in by February 26th. I will be going over these forms and the expectations on February 26th.
- 4) It is going to cost approx. \$400 for the Oklahoma trip. If you plan on going to the three major trips, it is going to cost approx. \$1,250 for the trips. We are encouraging all athletes to try and get sponsorships and/or fundraise \$1,500 to cover all expenses.

Oklahoma approx. costs include: (These are estimates based on the number of athletes participating)

\$150.00 for five nights, \$100 for gas costs, \$50 for registration, \$50 for coaches, \$25 for team dinners.

Michigan Women's Wrestling
Oklahoma Folkstyle Nationals – March 22 – 28
Tentative Itinerary

Tuesday, March 21st

4:00 p.m. Leave Southeast Michigan with prearranged pickups along the way driving through the night to Oklahoma City will stop approx.. every 2 ½ hours till arrival

Wednesday, March 23rd

2:30 p.m. Arrive at KOA Campground, Oklahoma City, OK
9:00 p.m. Team Meeting; Check weights; rules/expectations; Itinerary

Thursday, March 24th

7:00 a.m. Wake up
7:30 a.m. Team Meeting; Check weights
8:00 a.m. Leave for OKCU for Check-In and Weigh-In
9:00 a.m. Cadet Wrestler Check-In and Weigh-In
NOON Leave for Team Dinner (\$10 per person) Pizza Parlor
3:30 p.m. Return to OKCU for Cadet Warm-ups
5:00 p.m. Wrestling begins for Cadets

Friday, March 25th

7:00 a.m. Wake up
7:30 a.m. Team Meeting; Check weights
7:45 a.m. Leave for OKCU for Check-In and Weigh-In
9:00 a.m. Junior Wrestler Check-In and Weigh-In
9:00 a.m. Cadet Wrestling continues till Conclusion
2:00 p.m. Coaches Meeting for Junior Seeding
5:00 p.m. Junior Wrestling Begins till 8 p.m.

Saturday, March 26th

7:00 a.m. Wake up
7:30 a.m. Leave for OKCU for Junior Wrestling
9:00 a.m. Wrestling continues for Juniors
5:00 p.m. Schoolgirl registration, skin check, weigh-in
6:00 p.m. Division I & II girls registration, skin check, weigh-in
6:00 p.m. Dual Team Registration
7:00 p.m. Junior Championships and Awards

Sunday, March 27th

7:00 a.m. Wake up – Check Out
7:30 a.m. Leave for OKCU for Schoolgirl, Div. I & II, and Team Dual Wrestling
8:30 a.m. Schoolgirl, Div. I & II, & Team Michigan Warm-ups
9:00 a.m. Wrestling begins for Schoolgirl, Div. I & II
9:00 a.m. Team Michigan National Team Dual Wrestling Begins
5:00 p.m. Team Dinner
6:00 p.m. Depart for Michigan; drive through night with stops

Monday, March 28th

2:00 p.m. Arrive back Southeast Michigan with stops along the way



_____ New Member (\$250.00) _____ Returning MWW Member (\$100.00)

ATHLETE: _____ USAW #: _____

ATHLETE EMAIL: _____ CELL PHONE#: _____

ADDRESS: _____ CITY _____ ZIP _____

PARENTS NAMES: _____ CELL PHONE# _____

PARENTS EMAIL: _____

CURRENT GRADE: _____ SCHOOL: _____

WEIGHT COMPETING AT: _____ ACTUAL WEIGHT: _____

SIZE for Singlet, Shorts, and Shirt: Youth: S, M, L Adult: S, M, L, XL, XXL

List Accomplishments:

List Favorite Takedown Moves:

List Favorite Turning / Pinning Moves:

List Area for Improvement:

**Mail Registration Form and Checks to: MWW, 9864 East Grand River, Suite 110-299,
Brighton MI 48116

Michigan Women's Wrestling – Athlete Code of Conduct

EXPECTED BEHAVIOR WHEN ON THE TEAM TRAVEL:

- Act and conduct myself with dignity and respect for others and the property of others.
- Always practice and teach good sportsmanship.
- Promote positive team spirit and morale.
- Win or lose, offer congratulations to my opponents and support my teammates.
- Be a goodwill ambassador for our team, USA Wrestling, and the sport of Wrestling.

PROHIBITED BEHAVIOR AT TEAM TRAVEL MEETS:

- Use of alcoholic beverages.
- Use of illegal drugs or improper use of prescribed medications.
- Smoking or other use of tobacco products.
- Destructive behavior.
- Inappropriate or unruly behavior, including failure to adhere to team standards.
- Sexual misconduct or harassment of any kind.

AT THE MEET

- Wrestlers must obey the rules and restrictions as determined by the coaching staff.
- Wrestlers must attend all team meetings.
- Wrestlers must wear the designated team uniform.
- At all times, Wrestlers must show respect for coaches and fellow athletes, especially in matters of safety and discipline.
- Prescription medication is the responsibility of the athlete and his/her family and physician. The coaching staff should be notified in advance of any condition or medication that could affect the health, safety, and performance of the individual.
- Wrestlers and parents understand and agree that coaches reserve the right to search rooms and bags of meet participants at any time deemed necessary.
- Wrestlers and parents acknowledge that the coaching staff is in charge of policies and procedures of the meet. Parents who attend are spectators who do not function in a supervisory role unless a staff member expressly asks a parent to serve as a designated chaperone.

IN PREPARATION FOR DEPARTURE

- Parents will **ensure** that their child's bags **do not** contain any illegal items or substances in violation of this code of conduct.

POSSIBLE CONSEQUENCES FOR VIOLATION(S) OF THIS CODE OF CONDUCT

- An athlete may be removed from an event or wrestling session for a violation of the Code of Conduct.
- Any misconduct on the part of a wrestler is the legal and financial responsibility of that wrestler and her parents.
- Elimination of all non-wrestling privileges during the trip.
- Sending the wrestler home ahead of schedule and at additional expense, to be borne by the wrestler and his/her parents.
- Temporary or permanent dismissal from the team.

I have read the MWW Code of Conduct and agree to abide by its provisions.

Signature of Wrestler

Date

I have read the MWW Code of Conduct and I agree to its provisions.

Signature of Parent

Date



** These Forms are found on michigangirlswrestling.com under the National Team Forms.

Please print
and complete the forms for the Oklahoma City National Folkstyle Event

National Team Forms

[Parent Expectations](#)

Every Athlete Making a trip with the team must have the Medical waivers filled out, turned in and payment made in full by March 6, 2016. The only time this is not mandatory is **NEVER....**

Michigan Women's Wrestling National Team [Checklist](#)

- _____ 1) Copy Valid / Current [USA Card](#)
- _____ 2) Copy of Birth Certificate
- _____ 3) Completed and Signed [Membership / Participation Form](#)
- _____ 4) Completed and Signed National Team Waiver Form
- _____ 5) Completed and Signed [Athlete Code of Conduct Form](#)
- _____ 6) Completed and Signed [Medical Waiver Form](#)
- _____ 7) National Team Dues Paid
- _____ 8) National Team Event Paid-In Full