

Attention Connecticut Wrestling !  
**USAWCT** is sponsoring a trip to

The NHSCA National Duals May 22-25, 2009  
Memorial Day weekend  
in Salisbury , Maryland

**Two teams:**

**Middle school** – the **2008-2009 CT state champs**, noting NHSCA weight classes start at 77 and some weights are a little different – will be invited to fill the roster. Champions – look for your letter in the mail!  
Any vacant roster spots will be filled by coach's decision, from interested wrestlers.

**CT High School** – the **2008-2009 CT OPEN state champs** will be invited to fill the roster. Champions – look for your letter in the mail! Any vacant roster spots will be filled by coach's decision, from interested wrestlers, with a preference for higher placers in the OPEN, and underclassmen.

Make your interest known to Mark Cammisa or Ralph Powers :

**Mark Cammisa** - [markcammisa@comcast.net](mailto:markcammisa@comcast.net) 203-554-1270  
**Ralph Powers** - [newaauusa@hotmail.com](mailto:newaauusa@hotmail.com) 860-796-1341

**Trip cost of just \$190 includes:**

Entry fee into a very tough tournament  
Bus transportation down and back  
(leave midday Friday, return early evening Monday)  
Hotel accommodations  
Breakfast and lunch each day  
Dinner on the bus on the way down and back  
Trip to Ocean City Md Boardwalk (schedule permitting)

*Your only expense is two dinners!*

There is ONE weigh in for the entire 3 days of wrestling – Friday night, with no wrestling Friday night. There is a 2# allowance for Middle school, 3# for HS – weight classes **with allowance included** shown below:

**High school:**

106 – 115 – 122 - 128 - 133 – 138 – 143 – 148 – 155 – 163  
174 – 192 – 218 – 288

**Middle School\*\*\*:**

77 – 82 – 87 – 92 – 97 – 102 – 107 – 114 – 121 – 129 – 137  
144 – 156 – 167 – 182 – 232

\*\*\*We will invite the CT 1<sup>st</sup> & 2<sup>nd</sup> place 84# finishers to fill 87 & 82

\*\*\*We will invite the CT 1<sup>st</sup> & 2<sup>nd</sup> place 98# finishers to fill 97 & 102

\*\*\*We will invite the CT 1<sup>st</sup> place 160, 175, 190, 210, and 260 to  
fill the NHSCA 167, 182, and 232 spots, depending on  
who is interested and can make the weight

Wrestlers must commits to:

- Make the weight
- Train to the end of May
- COMMIT to wrestle Memorial Day weekend

***We need your commitment and \$190 by Monday May 4<sup>th</sup>***

- Please understand the *commitment* you are making to the team!
- Team Singlets will be provided and can be purchased
- Parents - a limited number of bus seats may be available, at the same \$190 all-inclusive rate.