

HEAVY HITTERS USA

Whaling City Wrestling Club's *Annual* "HIT THE SWITCH!" Wrestling Tournament

New London High School 490 Jefferson Avenue, New London, CT. 06320 Sunday,
October 26, 2014

*There will be a **ZERO TOLERANCE** Policy towards harassment of Officials, Coaches, or Athletes; ESPECIALLY Officials. Code of Conduct Rules will be strictly enforced. Coaches and Spectators Conduct--- This code of conduct has been established to ensure that there is a defined method for the handling of unacceptable conduct by coaches at USAWCT sanctioned wrestling events. The responsibility of the assigned officials and the USAWCT Board of Directors is described in the document posted on the website (www.usawct.org)*

USA Wrestling Cards are MANDATORY at this event

All wrestlers will be grouped by both age category and weight into **4-man brackets** unless otherwise determined. Each wrestler will wrestle one-another giving each wrestler a total of **3 matches (round-robin format)**. There are many advantages to doing this. Medals will be awarded for 1st, 2nd and 3rd place wrestlers.

Pre-registration Information

Contact person/Tournament Director – [Adrian Gonzalez](mailto:Adrian.Gonzalez)

Email – nlwrestlingclubs@gmail.com

Phone – **860-326-5094** (Home) Tournament Day – 860-514-1267 (Cell)

\$20 PRE-REGISTRATION/\$25 WALK-INS

Please make checks payable to “HEAVY HITTERS USA INC.”

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Age Groups-

Age Categories, Start Times & Period Length: **A minimum of 20 minutes must be allowed - between wrestlers matches, unless agreed upon by the coaches for a shorter time.** Any wrestler outside of the age bracket but in the qualifying grade may compete in their grade's division with an official report card confirming grade AND parental verification.

CATEGORY	YEAR	SKIN Check-in Time	Start Time	Period Length	Paperwork COLOR
MIGHTY MITE	2009-2010	7:45-8:30	9:00 AM	1-1-1	PINK
BANTAM	2007-2008	7:45-8:30	9:00 AM	1-1-1	YELLOW
INTERMEDIATE	2005-2006	7:45-8:30	9:00 AM	1-1-1	BLUE
NOVICE	2003-2004	11:15-12:00	12:30 PM	1.5-1-1	GREEN
SCHOOLBOY	2001-2002	11:15-12:00	12:30 PM	1.5-1-1	WHITE
HIGH SCHOOL	1997-2000	11:15-12:00	12:30 PM	1-1.5-1.5	RED

TECH FALLS will occur when a **12 point margin** is achieved; this rule applies to **ALL** age groups

- Each Club's director or designated person for that club will check in with the Tournament Director, inform the Director of any known NO SHOW wrestlers and pay for their team's entry. Note: There are no refunds for no- shows – each club is responsible for full payment.
- All wrestlers must check in by the end of the Skin check-in time period to verify they do not have any contagious skin conditions. Wrestlers will not be admitted into the tournament if they are not checked in on time.
- It is the responsibility of the Club Directors, or the designated person for that club, to check with the head person running the Skin check in area to see if any of their wrestlers have not checked in by 8:15am for the morning session and 11:45am for the afternoon session.

Notice: **Head gear** will be **required** for all age groups with the *exception* of High School. Any wrestler under the High School age division without headgear will not be allowed to wrestle.

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ALL WRESTLERS WITH BRACES ON THEIR TEETH MUST HAVE PROTECTIVE MOUTH GUARDS

Registration-

➤Pre-registration-

- o Only Sanctioned USA Clubs may submit tournament registrations
 - Wrestlers who are not attached to a sanctioned club are requested to contact the nearest sanctioned club to register with or may contact the Tournament Director.
 - *Out-of-state wrestlers may pre-register with the condition that they follow the same rules that USAWCT Clubs follow.*
 - *Out-of-state wrestlers must be part of a club that has signed an agreement to follow our tournament rules and the club has provided the State Membership Director a copy of their wrestlers USA cards.* USAWCT and out of state clubs must register on line by clicking on the following link <http://www.usawct.org/tourny/clubmanagement.php> and completing the necessary information and submitting that information to the Tournament Director no later than **10 PM the Friday of the tournament**. There is no guideline on how early they may be sent.
 - The Tournament Director will reply to your email confirming receipt of your registration.
 - All registrations must be accompanied with a valid USA Wrestling card number for each listed wrestler with checks made payable to [Heavy Hitters USA Inc.](#)
 - Last-minute USA Wrestling cards &/or numbers may be acquired by contacting their Club Director , who must make arrangements with the Membership Director **PRIOR to the Wednesday before the tournament.**
 - Pre-registered wrestlers who do not show up for the tournament will be charged the **full registration fee**. The submitting club is responsible for this fee to be paid the morning of the tournament along with all the other registered wrestlers on the registration form.

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➤ Walk-ins

- o \$25 fee for walk-in registration.

➤ Registration Fee's

- o \$20/wrestler with a family discount.
 - 1st wrestler = \$20
 - 2nd wrestler = \$14
 - 3rd & 4th and more = \$8 each

➤ Spectator Admission

- o \$3.00 admission fee / Free age 12 and under, or if you hold a *current USA Coaches card.*

Weigh-Ins-

Wrestlers are permitted to only register and wrestle in one (1) bracket regardless of staying within their own age group or not. There will be a 3 pound weight allowance, and a **\$5 weight change fee**.

Any wrestler that violates the three (3) pound allowance will be disqualified and removed from the tournament, OR will have to pay the \$5 weight change fee so that the wrestler can be re-bracketed. In addition, any wrestler disqualified as a result of violating the three (3) pound allowance will be reported to the State Chairman and that wrestler is to be identified (Flagged) on the web site and must be weighed in at every subsequent tournament to verify their weight.

*** Weight challenges during a tournament are performed at the Tournament Director's discretion. When a wrestler's weight is challenged by another wrestler (Coach or Parent), then the challenging wrestler will *also* be weighed in.**

Weight Classes -

Weight challenges during a tournament are performed at the tournament director's discretion. The Tournament Director must notify Dave Kanute d.kanute@cox.net within 2 days of any weight issues or challenges. When weighing-in, each wrestler **MUST** weigh-in wearing a competition singlet or shorts.

There will be a Madison Weight system in effect up to and including the Novice Division. Middle School and High School Division will go as follows:

MS: 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265

HS: 98, 106, 113, 120, 126, 132, 138, 142, 145, 149, 152, 160, 170, 182, 195, 220, 285

HEAVY HITTERS USA

**** FULL CONCESSION STAND ****
**** AVAILABLE ALL DAY ****

STATEMENT

Heavy Hitters - building integrity through sports

Heavy Hitters Usa is a 501(c)(3) non-profit organization established in New London, Connecticut to provide after-school and early evening boxing, wrestling, and conditioning programs for kids and young adults from New London and surrounding towns. In our program, we teach young people how to develop positive attitudes and good work ethics. Using principles of athletics, we have an opportunity to teach them how to make sound decisions concerning sports, as well as everyday life. We are a small part of the community and stand to reinforce the concepts of education, school athletics, and career opportunities that young people have heard from teachers and advisors. Heavy Hitters USA utilizes athleticism as a vehicle to promote constructive lifestyle choices and overcome barriers facing today's youth and young adults. Programs include fitness training and life skills seminars.

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DIRECTIONS TO NEW LONDON HIGH SCHOOL

NEW LONDON HIGH SCHOOL 490 JEFFERSON AVENUE NEW LONDON CT (860)
437-6400

Traveling North on I-95: Take **exit 82** (Broad Street exit). Turn right at the end of the exit ramp onto Route 85 (which is Broad Street). Proceed to the first traffic light (approximately ½ mile). Turn right onto Jefferson Avenue and travel approximately ½ mile (you will be between 2 cemeteries) to the next traffic light. New London High School is just ahead on the right.

Traveling South on I-95: Take **exit 82** (Broad Street exit). Turn left at the end of the exit ramp onto Route 85 (which is Broad Street). Proceed to the second traffic light (approximately ½ mile). Turn right onto Jefferson Avenue and travel approximately ½ mile (you will be between 2 cemeteries) to the next traffic light. New London High School is just ahead on the right.

Traveling South on Route 395: Take **exit 77**. Turn left at the end of the exit ramp onto Route 85 (which is Broad Street). Follow Route 85 (Broad Street) past the Crystal Mall for approximately 2 ½ miles to the intersection of Broad Street and Jefferson Avenue. Turn right onto Jefferson Avenue and travel approximately ½ mile (you will be between two cemeteries) to the next traffic light. New London High School is just ahead on the right.

Traveling South from Hartford area on Route 2: Follow Route 2 to Route 11. At the end of Route 11, turn left and continue to the light at Route 85 (at Salem Four Corners). Turn right onto Route 85 and continue for approximately 9 miles. You will go by the Crystal Mall and pass under I-95 to the intersection of Broad Street and Jefferson Avenue. Turn right onto Jefferson Avenue and travel approximately ½ mile (you will be between 2 cemeteries) to the next traffic light. New London High School is just ahead on the right.

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Application for Tournament Assumption of Risk, Waiver and Release of Liability

NAME..... DATE OF BIRTH
STREET..... CITY..... STATE..... ZIP.....
TELEPHONE.....
2014-2015 USAW CARD #..... Club Name(for separation).....

Waiver and Release from Liability

1. I, _____ the undersigned, on behalf of myself, my heirs, and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasers") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICA WRESTLING ASSOCIATION, INC., its insurers, its affiliate clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of USA Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lesser, and operators of premises used to conduct any USA Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releases") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER

LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USAWCT wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releaser understands and acknowledges that USA Wrestling sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision, or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any USA Wrestling sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releaser acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releaser, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and other losses to person or property, including death, and that severe social and economic losses may also result not only from Releaser's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Furthermore Releaser acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

.....
(Participant's Signature) (Print Name) DATE
The undersigned _____ does hereby represent that he/she is, in fact, the parent or guardian of _____ and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

.....
(Signature of Parent or Legal Guardian) (Print Name) DATE (Relationship to Minor)