



IWF NEWS

January 2005



Thoughts From the State Chairman

by Mark Reiland

This year's banquet at the Newton Country Club helped put an exclamation point on a very good year for the Iowa Wrestling Federation. Congratulations to all of the All Americans and Iowa Triple Crown winners. A special congratulation

goes to the special award winners this year. The wrestlers of the year, Grant Gambrall (Kids), TJ Moen (Cadet), Mitch Mueller (Junior), Mark Rial (Senior), and Katherine Williams (Women's). Denna Massey (Pairer), Rob Williamson (Official), Zac Dominguez (Coach), and Steve and Linda Wachal (Volunteer) were also recognized. Tolly Thompson, an Iowa boy and USA National Team Member, was the keynote speaker. This is a great event in which we enjoy recognizing those athletes that are present.

The past season of wrestling was a successful one for the state of Iowa. Iowa was the only state with more than one National Triple Crown winner. Iowa had three, Grant Gambrall, Nick Moore, and Brandon Sorenson. Iowa also had the three Dominator series champions in Jack Hathaway, Dylan Carew, and Nate Moore. In Fargo, Iowa had 19 All Americans including a national championship by TJ Moen in Greco Roman.

Now is the time we start looking ahead to the upcoming folkstyle and high school seasons, and also the spring freestyle and Greco Roman season. We are still actively looking for tournament hosts, especially in central and western Iowa. Without tournament hosts in these areas, wrestlers will have to travel great distances to get competition during the spring. Please contact me at Merv167@aol.com if you are interested in hosting a tournament.



Membership

by Denna Massey,

FROM AUGUST 7, 2004, MINUTES & Denna Massey, Membership

ALL USA Membership cards are \$30 for athletes AND coaches.

All USA/Iowa Wrestling Federation tournaments and clubs shall NOT charge more than \$30 for USA membership cards except for regional/national tournaments held in the state.

ALL KIDS FOLKSTYLE REGIONAL TOURNAMENTS: *All athletes must show proof of age.* All tournament hosts must require that a proof of age be shown.

ALL STATE FREESTYLE AND GRECO-ROMAN

TOURNAMENTS: *All athletes must show proof of age.* All tournament hosts must require that a proof of age be shown.

If you don't want to stand in line at tournaments, get the cards from your club or from your membership director. (Denna Massey, 19273 Cobalt Lane, Council Bluffs, IA 51503) Enclose name, mailing address, city, state, zip, birth date, a working phone number, and a \$30 check made out to the Iowa Wrestling Federation.

ALL ATHLETES MUST already have to show OR PURCHASE a USA membership card at Iowa Wrestling Federation (USA) sanctioned tournaments. Call Denna (712-366-0738) when you get home to alert her that you HAD TO BUY ANOTHER CARD even though you already had one that you forgot to take with

SEE MEMBERSHIP/Page 3

Treasurer's Notes

by Steve Knipp, Treasurer



Greetings from the treasury. This fiscal year we were able to accumulate some funds for a change after several years of spending down our reserves. We may be able to increase sponsorship levels for our National and Regional teams which I know would be nice for you parents that are always writing us checks.

We have increased the price of membership this year. It is a direct result of an increase in our cost to the National office. What all of you need to keep in mind is that all of the monies that you pay to the IWF go directly to sponsor wrestling programs. The money that we send to the National office supports our national and

international programs. The money that remains here in Iowa is used towards team sponsorship, training programs, our newspaper, our awards banquet, and defraying some of the costs that our coaches, referees, pairers, and state leaders incur helping wrestling in Iowa.

We have produced an outstanding IWF poster this year. It has pictures on it of some of our All-Americans from this past season as well as the schedule for next season. I will be passing them out at the state coaches convention and other places in the near future. Make sure you get one.

I would like to mention some of the things that I am directly involved in that are coming up in our State. The National Kids and Cadets Folkstyle Tournament is again coming to the UNI Dome this April

1-3. This is a great event for us to be able to have. Last year we worked out some kinks and this year it will be an outstanding event. We expect 1800 athletes from all over the nation. If you want to find out how your stacks up against the rest of the USA, the Dome will be the place to be.

The Northern Plains Junior Regionals is in Waterloo at Young Arena May 13-14. This is later than in the past. But that should make it even better than it has been. Five hundred athletes are expected. We are also hosting a regional junior duals on Sunday, May 15. It will be an eight team tournament with each team wrestling at least five duals. It should be a fun event with dual meet competition between teams from Wisconsin, Minnesota, Illinois, Nebraska, and Iowa competing.

We need all the volunteers we can get to run these successfully. If I don't ask you directly, come find me if you are there and I'll put you to work.

NORTHERN PLAINS REGION JUNIOR FREESTYLE DUALS

SUNDAY, MAY 15

8 TEAMS - \$200 ENTRY FEE

MAXIMUM OF FOUR IOWA TEAMS

3 TROPHIES - T-SHIRTS FOR WINNING TEAM
FIRST COME BASIS

\$50 will be refunded to teams that have an official represent them for the entire tournament.

Contact Steve Knipp - 319 - 291-6191
or send check to: Black Hawk Wrestling Club
1119 Kaplan Drive
Waterloo, Ia 50702

**Check out our web
page at
www.iowawrestling.org
for updates on
tournament results
and other late
breaking news!**

IOWA WRESTLING FEDERATION BOARD OF DIRECTORS

Title	Name	Address	City	Zip	Phone	Fax	e-mail address
State Chairman	Mark Reiland	1907 Kathlin Dr	Iowa City	52246	319-354-7842	319-358-7829	merv167@aol.com
Secretary	Richard Young	2235 Larch Ave.	Washington	52353	319-863-8708		wca@iowatelecom.net
Treasurer	Steve Knipp	1119 Kaplan Dr	Waterloo	50702	319-291-6191	same	SKnipp@aol.com
Junior Director	Jason Christensen	206 14th St, S.W	Altoona	50009	515-967-1414		christen@se-polk.k12.ia.us
Kids Director	Steve Mickelson	PO Box 442	Slater	50244	515-228-3059		Mickelson@huxcomm.net
Cadet Director	Mike Rial	2202 Elmhurst Ave.	Fort Dodge	50501	515-576-3311		flrrial@frontiernet.net
Fila/Open Director	John Oostendorp						
Women's Director	Tim Williams	426 Parkview Dr.	Gilbertville	50624	319-2963539		twill192@mchsi.com
Membership Director	Denna Massey	19273 Cobalt Lane.	Council Bluffs	51503	712-366-0738		DJCM19273@yahoo.com
Public Relations	Linda Wachal	311 Big Jim Ct.	Dunkerton	50626	319-822-7748	319-822-3340	WdRoseLady@aol.com
Regional Reps							
Southwest	Curt Wahle	27678 290th St.	Neola	51559	712-566-2200	712-566-9009	
Northwest	Keel Zinnel						keelzinnel59@yahoo.com
Northeast	Steve Wachal	311 Big Jim Ct.	Dunkerton	50626	319-822-7748	319-822-3340	SWachal@aol.com
Southeast	Shawn Williamson	814 N Court	Ottumwa	52501	641-682-8394		williamson@aea15.k12.ia.us
Ad & Fundraiser	Hal Turner		Johnston		515-252-7496		Jusawc@aol.com

Officials Directors

Mat	Mike Garvey	950 218 Ave.	Pella	50219	641-628-9947	same	garvey@kdsi.net
Pairings	Elizabeth Billings	117 Country View Dr.	Mechanicsville	52306	563-432-7189	563-432-7189	elizabeth@aol.com
Coaches Director	Keith Massey	220 W. Femdale Dr.	Council Bluffs	51503	712-328-1103		kmassey@lewiscentral.k12.ia.us
Junior Greco & Freestyle Coaches							
Greco	Zac Dominguez	11914 S 33rd Street	Bellevue NE	68123	402-934-7487		zdominguez247@hotmail.com
Freestyle	Bobby Thompson						
Medals							

Membership

Continued from page 1

you. She will process return of \$15 ONLY IF and WHEN the original purchase and the secondary purchase come through from clubs and / or tournaments.

COACHES: encourage all of your wrestlers to take their cards to IWF / USA sanctioned tournaments because THEY MUST SHOW OR PURCHASE.

Just because you know they purchased a card and they don't have it, means they forgot to bring it. **THEY MUST PURCHASE ANOTHER CARD! !!!!**

FROM AUGUST 7, 2004, MINUTES & Denna

Massey, Membership

TOURNAMENT DIRECTORS: ALL tournaments must be hosted by clubs. You must TRY to have both mat and pairing people ready to learn and help. PLEASE don't just depend on "someone to show up". Do some planning. You need to COMMUNICATE ! Insist that athletes must show or purchase a USA card. Also, proof of age must be shown at folkstyle regionals and freestyle and Greco state tournaments.

ALL USA Membership cards are \$30 for athletes AND coaches.

Denna Massey, Membership Director

Secretarial News

by Denna Massey for Richard Young, Secretary



www.iowawrestling.org
Iowa Wrestling Federation
Board / General Minutes
Newton Country Club, Newton, IA
8/7/2004

Roll Call: (NP = Not Present)

State Chairman – Mark Reiland
Secretary – Richard Young NP
Treasure — Steve Knipp
Membership — Denna Massey
Junior Director – Jason Christenson
Cadet Director – Mike Rial
Kids Director – Steve Michelson
Espoir / Open –
Women's Director – Tim Williams
Advertising & Fund Raising –
Public Relations – Linda Wachal NP
Southwest Rep – Curt Wahle NP
Northwest Rep – Keel Zinnel NP
Northeast Rep – Steve Wachal NP
Southeast Rep – Shawn Williamson
Coaching Director – Keith Massey NP
Mat Official's Director – Mike Garvey
Pairing Official's Director – Elizabeth Billings NP
Freestyle Coach – Bobby Thompson NP
Greco Coach – Zac Dominguez NP
Web Master – Ron Swanson
Others in attendance: Dan Summerhays, Nina Biensen, Matt Long, Bill Reed, Bret Wagner

The call to order was at 12:00 p.m.

MINUTES — Knipp moved and Garvey seconded to approve the minutes of the last meeting from June 5 in Johnston as published in the IWF Newsletter. The motion was carried unanimously.

TREASURER — D. Massey moved and Garvey seconded to accept the treasurer's report from Knipp. (Due to new USAW program on the internet, Knipp must use percentages to separate the monies from kids, older kids, coaches, etc. The motion was carried. There was one no.

MEMBERSHIP – There were almost 2700 athletes this year. Last year there were almost 2400. This was an increase of 11%. Coach's numbers increased 101% due to Kid's Folkstyle Nationals. Without Kid's Nationals, there was an increase of 13%. Clubs increased 10% from 47 to 52 over last year.

Knipp moved and Christenson seconded to show proof of age at all state freestyle and Greco-Roman tournaments and Folkstyle regional tournaments. The motion was carried 100%.

Knipp moved and Rial seconded for IWF to charge \$30 for USA membership cards for all athletes and coaches. The motion was carried 100%.

D. Massey moved and Christenson seconded that all tournaments and clubs shall not charge more than what IWF charges for USA membership cards except for regional/national tournaments held in the state. The motion was carried 100%.

OLD BUSINESS

Rial moved and Garvey seconded to take state duals out of the schedule and put in a regional duals in conjunction with the Northern Plains Junior Regional (May 13, 14, 15). There would be eight teams to start. If Friday-Saturday numbers are low, the duals will start earlier than SEE MINUTES/Page 6

USA Wrestling National Kids/Cadet Folkstyle Championships April 1-3, 2005

Tournament Site: University of Northern Iowa, UNI-Dome, Cedar Falls, Iowa

Tournament Qualification: This event is open to Midget-Cadet wrestlers only. All Iowa participants must compete in the Iowa Folkstyle State Series to be eligible to wrestle in this event. Regional tournament information is in this issue along with an entry form.

Weigh-ins/Skin Checks

Each athlete will be allowed 2 consecutive attempts to make weight and may not leave the weigh-in area. All athletes must weigh-in wearing a competition singlet.

Athletes must submit to a skin disease check prior to weigh-ins. The chief medical officer has full authority, without appeal, in determining eligibility to compete.

Rules

National Federation of State High School Association rules will govern the competition, unless otherwise indicated. USAW rules governing ages, weights and match time will take precedence when applicable.

Pairing

2004 Folkstyle All-Americans will be separated. Separation of wrestlers from the same state when possible. Double-elimination line brackets, Wrestle backs to 8th place.

Individual Awards

Attractive awards to the top 8 in each weight class.

Complete your tournament entry form and send it along with a photo copy of your USA Wrestling competitor's card and your entry fee to the address on the form you receive at the state tournament.

Team Gear

Team gear will be available for purchase at the regional tournaments. Cadets will need to send orders in by February 20 as they are not able to compete in the regional tournaments. See article page 9 for more information.

Tentative Competition Schedule

Friday, April 1st

4:00 — 6:00 p.m.

Registration & Weigh-ins –
All Wrestlers

Saturday, April 2nd

7:00 a.m.

8:00 — 8:30 a.m.

8:30 — 8:45 a.m.

9:00 a.m. – 9:00 p.m.

Doors Open

Opening Ceremonies

Rules Clinic for coaches,
parents, athletes

Midget, Novice,
Schoolboy/girl,
Cadet preliminaries

Sunday, April 3rd

8:00 — 9:00 a.m.

9:00 a.m. — to conclusion

Church Service (on the Mats)
All age groups -
Preliminaries through finals

Entry Fee

\$30.00 - No late entries will
be accepted

Admission of Coaches to Wrestling Area

Floor pass required. Passes **will only be issued** to those individuals with a current 2005 USAW Coaches Membership card and who, at minimum, have been USAW NCEP Copper Certified (photo ID required). 2 certified coaches maximum in each competitor's corner. To video tape at matside, the operator must be one of the 2 certified coaches in the corner.

An application for a USAW Coaches Membership card is located elsewhere in this publication. Mail your application and fee to the address on the form.

Accommodations

**Holiday Inn – Tournament Headquarters, 5826 University
Avenue, Cedar Falls, Iowa**

Phone: 319-277-2230

Americinn Lodge & Suites - 319/ 277-6116

Heartland Inn Crossroads 319/ 232-7467

Best Western- 319/ 235-0321

Country Inn & Suites - 319/ 233-2336

Holiday Inn Express - 319/ 233-9191

Ramada Inn - 319/ 235-1111

**For more information contact
Steve Knipp at 319-291-6191 or SKnipp@aol.com**

2005 Iowa Wrestling Federation / USA Wrestling Schedule

(Note: Most local tournaments are held at the high school unless noted)

IWF Folkstyle Series see pages 8 & 9 for more information

January 22

IWF Kids Folkstyle Regional
Ottumwa
Evans Middle School
Shawn Williamson 641-682-8394

January 23

IWF Kids Folkstyle Regional
Waterloo
West Waterloo High School
Tom Frein 319-232-3907

IWF Kids Folkstyle Regional
Council Bluffs
Thomas Jefferson High School
2501 W. Broadway
Keith Massey 402-203-1610

January 30

IWF Kids Folkstyle Regional
Ft. Dodge
Ed Birnbaum 515-955-2993

February 20

IWF Kids Folkstyle Regional
Osage
Osage High School
Deb Goodale 641-732-8394

March 5

IWF Kids/Cadet State Folkstyle Tournament
UNI Dome
Cedar Falls
Dan Summerhays 319-233-5269

March 11-12

Mick Pickford Tri-State Freestyle Tournament
Fort Madison High School
Ryan Smith 319-372-8057
Cadet, Junior, Open

March 24-26

Rocky Mountain Regional
Laramie, WY
Junior, Senior, Schoolboy
Greco Roman, Freestyle, Women
Matt Whisenant 307-766-5551

March 25-27

Northwest Regional Battle Ground, WA
Junior, Cadet
Greco Roman, Freestyle
Merle Crockett 360-263-4947

April 1-3

National Kids/Cadet Folkstyle Tournament
Cedar Falls, Iowa
Kids, Cadet, Veterans
Folkstyle
Steve Knipp 319-291-6191

Central Regional
Jeffersonville, IN
Junior
Greco Roman, Freestyle
Mike Dowden 317-780-1885

April 8-9

Southeast Regional
New Orleans, LA
Junior
Greco Roman, Freestyle
Jim Ravannack 504-455-4216

Body Bar Women's Nationals
Sand Diego, CA
FILA Cadet/FILA Junior/University Women
Richard Bailey 619-303-6886

Middle School Folkstyle National Duals
Danville, IL
Grades 5-8 Folkstyle
Jim Didi 630-669-8043

April 9

Belle Plaine Freestyle
Belle Plaine High School
Kids, Cadet, Junior
Freestyle
Bob Yilek (H) 319-444-3590
or (W) 319-444-3720

Dubuque Freestyle & Greco Roman
Loras College
Kids, Cadet, Junior, Open
Chris Speziale 563-588-7057
cell 563-580-3735

Blue Chip Black & Blue Freestyle & Greco Roman Tournament
Dana College
Gardner-Hawks Center, 2848 College Dr, Blair, NE
Ricahrd Fergola 402-533-2416
or 402-426-7374

April 9-10

Central Regional
Jeffersonville IN
Junior: Greco Roman/Freestyle
Louis Rosbottom 812-284-1652

April 13-16

FILA Cadet National
Evanston, IL
Freestyle, Greco Roman
Tony Ersland 847-491-4637

University Nationals
Evanston, IL
Freestyle, Greco Roman
Tony Ersland 847-491-4637

April 15-16

Southern Plains Regional
Marshall, MO
Junior
Greco Roman, Freestyle
Craig Ewing 816-415-9946

April 16

Independence Freestyle & Greco Roman
Independence High School
Kids, Cadet, Junior
Freestyle, Greco Roman
Mike Doyle 319-334-7270

Pella Freestyle
Central College
Matt Diehl 641-628-5230 or
Eric Reed 641-628-5422
Kids, Cadet, Junior, Open

Humboldt Freestyle & Greco Roman
Humboldt High School
Kids, Cadet, Junior
Freestyle, Greco Roman
Scott Satern 515-379-2642

April 22-24

Northeast Regional
Brockport, NY
Junior, Senior
Greco Roman, Freestyle
Don Murray 585-395-5360

April 23

Manchester Freestyle & Greco Roman
West Delaware High School
Kids, Cadet, Junior
Freestyle, Greco Roman
Jeff Voss 563-932-2056

Boone Freestyle & Greco Roman
Boone High School
Kids, Cadet, Junior
Freestyle, Greco Roman
Jay Huff 515-433-5244 or
515-709-0188

April 27-29

Western Regional
Las Vegas, NV
Junior
Greco Roman, Freestyle
Larry Barnson 702-361-5017

FILA World Team Trials
Las Vegas, NV
FILA Junior
Greco Roman, Freestyle
Larry Barnson 702-361-5017

April 28-30

US Senior Open
Las Vegas, NV
Larry Barnson 702-361-5017

April 30

North Linn Freestyle
Troy Mills High School
Kids, Cadet, Junior
Freestyle
Brad Bridgewater 319-474-2144

Osage Freestyle & Greco Roman
Osage High School
Kids, Cadet, Junior
Brent Jennings 641-732-4786

May 6-7

Kids/Cadet State Freestyle
Fort Dodge High School
Mike Rial 515-576-3311

May 13-15

Northern Plains Regional
Waterloo, IA
Junior, Open
Greco Roman, Freestyle, Women
Steve Knipp 319-291-6191

May 15

Junior Regional Duals
Young Arena
Waterloo, IA
Junior
Freestyle
Steve Knipp 319-291-6191

May 21

Greco Roman State Tournament
Newton High School
Kids, Cadet, Junior
Bill Reed 641-792-5797 ext
2028

May 27-29

Midwest Three Style Nationals
Iowa City West High School
Kids, Cadet, Junior
Folkstyle, Freestyle, Greco Roman
Mark Reiland 319-354-7842

June 4

Junior State Freestyle
Johnston High School
Hal Turner 515-252-7496

June 9-11

Kids/Cadet Northern Plains Regional
Rochester, MN
Kids, Cadet
Greco Roman, Freestyle
Bill Hinchley 507-451-7366

June 23-27

Cadet Dual National Championships
Kansas City, MO
Cadet: GR/FS
Craig Ewing 816-468-1861

June 28-July 3

Junior Dual National championships
Enid, OK
Junior: GR/FS
Archie Randall 405-262-7137

June 29-July 2

Kids National Championships
Green Bay, WI
Kids: GR/FS
Jeff Jones 262-424-3672

July 23-29

Cadet Nationals
 Fargo, ND
Cadet GR/FS
Pete Isais 719-598-8181

July 24-30

Junior Nationals
 Fargo, ND
Junior GR/FS/Women
Pete Isais 719-598-8181

July 28

Women's Junior Dual National Championships
 Fargo, ND
Junior: FS
Pete Isais 719-598-8181

Schedule continued
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Minutes

Continued from page 3

Sunday. The duals are not a regional event. They will be only an IWF event. The motion passed unanimously.

Knipp moved and Biensen seconded to table the By-laws discussion due to missing committee members. The motion was carried.

State Folkstyle tournament venue to??? Cedar Rapids Ice Arena, Simpson College, BV????? Summerhays will try to find a venue for either the beginning of February or the beginning of March. Discussion also about Dan Gable's six folkstyle tournaments. No action taken.

Wartburg suggested the possibility of hosting all state freestyle tournaments on the same day at that site. BUT, they can't do it in 2005. Find another site or wait until Wartburg can in 2006? **Knipp moved and S. Williamson seconded to stay with the existing format for 2005.** The motion carried.

WEIGH IN PROCEDURES — Guidelines were not being followed at some state tournaments. Weigh in procedures need to be enforced. The Board is encouraging all regional and state folkstyle, freestyle and Greco tournaments to follow USA Wrestling weigh in procedures.

IOWA GAMES — **Knipp moved and Garvey seconded to drop the Iowa Games from the IWF schedule.** There are too many problems stemming from the Iowa Games people which turn wrestlers away. The motion carried.

DUALS AND NATIONALS — Cadets (Rial) went well. The kids wrestled well. Some got sick. Some signed up to go, then couldn't get out of driver's education. Jeff Rau and Brian Rhodes made the all-national tournament team. Andrew Long also went undefeated. Greco went better than freestyle. Rial got notes from some of the wrestlers who really appreciated the national camp and wrestling in Fargo. Juniors (Christenson) Greco duals went two and two. The freestyle got fourth. Need to take more kids. Some backed out at the last minute. Kids don't want to go as alternates. Greco national camp went well due to good organization. Not enough coaches at one session of freestyle camp. Kids need to be present the whole camp. No kid problems at Fargo this year.

IWF NEWSLETTER AND WEBSITE — (Knipp) The newsletter has not been timely. Suggestion: Print four times a year. A complete schedule of everything that happens for the rest of the year plus all membership and folkstyle entry forms for folkstyle tournaments needs to be in the February newsletter. In April, there needs to be all entry forms and qualifying procedures for state meets, calendar again, and results up to that point. In mid June, we need results, calendar of events again, banquet forms. The October newsletter needs the rest of the results, banquet coverage, folkstyle calendar and forms. People go to the website looking for "stuff". They need to find "stuff" there. There needs to be a change in the website in September not later in the year. The website could be used for lists of mat

and pairing officials. At least try to do a better job of getting the tournament results onto the website in a more timely manner.

Question: Why are folkstyle regionals on different days?

This gives more opportunities to qualify, gym availability, conflicts. We would like to have all who chose to have an opportunity.

NEW BUSINESS

NATIONAL KIDS FOLKSTYLE — Knipp: We need more help than "complaining". This time the IWF is in charge. Knipp's name is on the paper for 2005. We need and have people who know about wrestling. There were many suggestions how to make improvements.

INSURANCE — As treasurer, Knipp needs to be bonded.

ADVERTISING — A grant from USA Wrestling has been given to the IOWA WRESTLING FEDERATION for a marketing campaign. Several suggestions were discussed.

2004-2005 SCHEDULE – World Team Trials at Hilton Coliseum in Ames, June 17-19.

COACHES SELECTION PROCESS – Improvements need to be made. Originally, there were lists of what was to be taught by national staff coaches doing technique clinics before freestyle tournaments so that at the end of the season when the nationals were near the wrestlers all had the same training. The hope was for improvement in technique and skills state wide.

Extensive discussion followed concerning several suggestions.

HEAD FREESTYLE AND GRECO COACHES – S. Williamson moved and Knipp seconded to have Matt Hatcher as head freestyle coach and Zac Dominguez as head Greco coach for the year 2005. There was discussion concerning the fact that Zac will be at the Olympic Training Center for the year. Will he have time to be the head coach? He and Bill Reed make a great team both at camp and at nationals. Reed was nominated, but declined the nomination. If Zac will not be in the state, he will know in time so the board can choose another coach. The motion carried.

CONSOLIDATION OF MAT AND PAIRINGS OFFICIALS

DIRECTORSHIP – **A motion was made by S. Williamson and seconded by Knipp to consolidate the mat and pairings officials under the same directorship.**

MAJOR RULE CHANGES – Two tapes will be given out at Sunkist Open in Phoenix. Garvey will make copies. Reiland said there may not be changes on the junior level and below. Everything new will be done there.

RIAL WILL BE RESIGNING — "This will be my last year as cadet direct. I will work with Shawn Williamson who agreed to finish out my term." Objections were around the table.

Knipp moved and Christenson seconded to adjourn the meeting at 3:50 p.m.

Denna Massey

Temporary secretary in place of Richard Young who was absent

THIS FORM MAY BE DUPLICATED

Iowa Wrestling Federation/ USA Wrestling 2004-2005 Membership Application

In order to save yourself from standing in a long line at a tournament site to get your USA Wrestling card, fill out the form below and return to the address at the bottom.

PLEASE PRINT CLEARLY

RENEWAL

RENEWAL W/ADDRESS CHANGE

NEW MEMBERSHIP

Date of birth (Athletes only) ____/____/____

First Name: _____ Last Name: _____

Mailing Address (ie. PO Box etc.): _____

Street Address (If different from above): _____

City: _____ State: _____ Zip: _____ - _____

(Please include your +4 zip)

Telephone Number: _____ - _____ - _____ **USA** Club affiliation _____

Check one:

Athletes \$30 _____ Coach (\$30) _____ General (\$25) _____

Make checks payable to: Iowa Wrestling Federation/USA Wrestling
Mail this form to: Denna Massey, 19273 Colbalt Lane., Council Bluffs, IA 51503

Attention!

In most cases we delete "General Delivery" addresses from the IWF News after one mailing because in the larger cities, "General Delivery" mail gets thrown away. **Do make sure you give us your mailing address**—this may or may not be your street address. If you get your mail at your local post office, we will need your PO Box number rather than your street address. Send a postcard with your name and mailing address with zip+4 to: IWF News, 311 Big Jim Ct., Dunkerton, IA 50626, or e-mail to: WdRoseLady@aol.com if your address on this newsletter is incorrect. This is also important if you have moved. The IWF News will not be forwarded to a new address for long, if at all. Please include your old address, and your new address on the postcard. If you know of anyone who should be receiving the IWF News and is not getting it, please have them send us their correct address. Chances are their newsletters are not coming because of an incomplete address or we have an incorrect address and it is discarded by the postoffice as undeliverable.

Schedule

Continued from page 5

July 29-30

Women's National Championships
Fargo, ND
Junior: Women
Pete Isais 719-598-8181

Tournament directors: Send your results to:
results@iowawrestling.org and also to
WdRoseLady@aol.com

Kids Age Division Categories/ Weight Classes: NOTE CHANGE IN SCHOOL BOY WEIGHTS!!!!!!

Bantam -Born In 1997 - 1998 / 40, 45, 50, 55, 60, 65, 70, 75, 75 + Must Weigh More Than 75, Max Difference 15 Lbs. **Please Note: BANTAM DIVISION Wrestlers CANNOT WRESTLE in the USA WRESTLING UNI NATIONALS**

Midget Born In 1995 - 1996 / 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112,120, 120 + Must Weigh More Than 120, Max Difference 20 Lbs

Novice Born In 1993 - 1994 / 60, 65, 70, 75, 80, 85, 90, 95,100, 105, 112, 120, 130, 140, 140 + Must Weigh More Than 140, Max Difference 25 Lbs

Schoolboy/Girl Born In 1991 - 1992 / 70, 75, 80, 85, 90, 95 100, 105, 110, 115,120, 125, 130, 145, 165, 185, 205, 225, 250

Special Note on the Schedule

Please note this schedule is **subject to change**. Check with tournament sites during bad weather, the IWF Web site, and the upcoming IWF News for updates on the schedule!!!!

IOWA WRESTLING FEDERATION



PRESENTS

KIDS STATE REGIONAL FOLKSTYLE

WRESTLING CHAMPIONSHIPS

SANCTIONED BY

USA WRESTLING

FIVE REGIONAL QUALIFYING TOURNAMENTS

Ottumwa, January 22, 2005

Osage, February 20, 2005

Waterloo, January 23, 2005

Council Bluffs, January 23, 2005

Ft. Dodge, January 30, 2005

Top (SIX) Wrestlers From Each Weight Class At Each Regional Qualifies For State at
University of Northern Iowa, Cedar Falls, Iowa March 5, 2005

- MEDALS FOR THE TOP FOUR WRESTLERS In Each Weight Class
- USA WRESTLING CARD REQUIRED — Available @ the Regional Site
- PROOF OF AGE REQUIRED AT REGIONAL SITE REGISTRATION
- PRE-REGISTRATION is \$10.00 for Regional Tournaments; \$15.00 the day of the Regional Tournament
- WRESTLERS THAT QUALIFY FOR STATE MUST REGISTER FOR THE STATE TOURNAMENT The day of the Regional Tournament at the respective Regional Tournament Site they qualified at.
- TEAM TROPHY AT STATE. Must be a USA Chartered Club. All Wrestlers must be registered to a USA Chartered Club to compete for that Club at State. Club Charters and Club Rosters must be registered with the Iowa Wrestling Federation Secretary Denna Massey 712-366-0738 Prior to January 23, 2005.
- WRESTLERS MUST WRESTLE THE SAME WEIGHT class throughout the Regional and State tournament series.
- WRESTLERS CAN QUALIFY AT ANY Regional Tournament And Can QUALIFY ONLY ONCE AT ONE OF THE REGIONAL TOURNAMENTS.
- MATCH LENGTH :In Accordance With USA Wrestling Kids Division (NOTE THIS CHANGE)
Novice and Schoolboy Matches are 1 – 1.5 – 1.5 Minute periods
- The National Federation of State High School Associations Match Scoring Wrestling rules Will Be Enforced
- HEAD GEAR REQUIRED
- **BANTAM DIVISION** Wrestlers CANNOT WRESTLE in the USA WRESTLING UNI NATIONALS
- Age Division Categories/ Weight Classes: NOTE CHANGE IN SCHOOL BOY WEIGHTS!!!!!!

Bantam - Born In 1997 – 1998 / 40, 45, 50, 55, 60, 65, 70, 75, 75 + Must Weigh More Than 75, Max Difference 15 Lbs.

Midget - Born In 1995 – 1996 / 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112,120, 120 + Must Weigh More Than 120, Max Difference 20 Lbs

Novice - Born In 1993 – 1994 / 60, 65, 70, 75, 80, 85, 90, 95,100, 105, 112, 120, 130, 140, 140 + Must Weigh More Than 140, Max Difference 25 Lbs

Schoolboy/Girl Born In 1991 – 1992 / 70, 75, 80, 85, 90, 95 100, 105, 110, 115,120, 125, 130, 145, 165, 185, 205, 225, 250

Heavyweights Must Weigh-In If The Differences Between Lightest To Heaviest Contestants Exceeds The Allowable Difference For That Age Group, The Wrestlers Will Be Divided Into Groups Meeting The Above Stated Maximum Limitations.

Contact The Regional Tournament Director's For Information on Registration and Start Times

1. **Ottumwa**, January 22, 2005, Tournament Director
Shawn Williamson, 641-682-8394
814 North Court Ottumwa, IA 52501
email - ottumwawrestlingclub@mchsi.com
Weigh-in 7:30-9:00 am, Wrestle 10:00 am
Evans Middle School
2. **Osage**, February 20, 2005, Tournament Director
Deb Goodale 641-732-3744
810 Lime Kiln Rd, Osage, IA 50461
Weigh-in 12:00-1:00 pm, Wrestle 2:00 pm
Osage High School
3. **Council Bluffs**, January 23, 2005, Tournament Director
Keith Massey, 402-203-1610
220 W. Ferndale Drive, Council Bluffs IA 51503
email - kmassey@goldeneagleswrestling.com
Weigh-in 6:00-7:30 a.m., 8:00 Bracket Corrections
8:15 Coaches Meeting Wrestle 8:30 a.m.
Thomas Jefferson High School
4. **Ft. Dodge**, January 30, 2005, Tournament Director
Ed Birnbaum, 515-955-2993
2997 15th Ave NE, Ft. Dodge, IA 50501
email - ebirnbaum@fort-dodge.k12.ia.us
Weigh-in 7:30-9:00 am Wrestle 10:00 am
Ft. Dodge High School
5. **Waterloo**, January 23, 2005, Tournament Director
Tom Frein, 319-232-3907
150 Cornwall Avenue, Waterloo IA 50702
email - usawahawks@mchsi.com
Weigh-in 7:30-9:00 am Wrestle 10:00 am
West Waterloo High School

All Wrestlers that Qualify and Compete in the State Tournament Are eligible to Be On The
IOWA NATIONAL TEAM

At

The UNIVERSITY OF NORTHERN IOWA

USA WRESTLING Kids Nationals

1-3 April 2005

THIS IS THE FIRST STEP IN WINNING THE PRESTIGIOUS TRIPLE CROWN

KIDS STATE CHAMPION

IN

FOLKSTYLE - FREESTYLE - GRECO-ROMAN

Kids Iowa Team Folkstyle National Wrestling Clothing Package

This year the team clothing package will be offered at the regional tournament instead of the state tournament. This is due to the late date of the state tournament which does not allow for enough time to order in the custom clothing.

We will be at each of the regionals, except for Council Bluffs, with clothing sizes available for kids to try on to make it easier for parents to decide on sizes. The Council Bluff tournament will have order forms available for the clothing which will need to be mailed in.

Folkstyle National Team custom clothing package will be offered again at a significant savings over buying individual items. The package will include:

- Holloway black, Vegas gold, and white jacket customized with Iowa/USA Wrestling on the back and an embroidery design on the front.
- Holloway black long pants
- Matman black singlet with a custom sublimated design on the front. (In the past we offered red and blue singlets so they

could also be used for freestyle, but due to requests from parents, this year we are trying out a color coordinated singlet.

Those who go to the Freestyle Nationals will be able to order red and blue singlets at that time.)

- T-shirt with customized multicolor design
- Black duffel bag with customized Iowa design.

The cost of the package will be \$133 plus tax. But this year, in response to requests, we are also offering the individual items for sale. Of course, the package is the best buy. Customized items bought separately will run as follows: Jacket - \$52, Pants - \$25, Singlet - \$60, T-Shirt - \$15, Duffel bag - \$14 (plus tax).

Some parents like to order extra pieces for trading at the National tournament, and this will make that possible.

Cadets! Since you do not participate in the regional tournament, you will need to order your gear by mail or email before February 20th. Any orders received after February 21st may not be processed. Contact Steve or Linda Wachal at 319-822-7748 or email: SWachal@aol.com for an order form.

IOWA WRESTLING FEDERATION

Kids Regional Tournament Entry Form

(PLEASE PRINT)

Ottumwa, January 22, 2005

Osage, February 20, 2005

Waterloo, January 23, 2005

Council Bluffs, January 23, 2005

Ft. Dodge, January 30, 2005

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

BIRTH DATE: _____ AGE: _____ USA WRESTLING CARD #: _____

DIVISION: _____ WEIGHT CLASS: _____

PARENT/GUARDIAN NAME: _____

WAIVER STATEMENT:

1. I _____ the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasers") here-by FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICA WRESTLING, INC., its insurers, its affiliated clubs, administrators, agents, directors, officials, state organizations, members, committees, volunteers, all employees of USA Wrestling, and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors 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 USA 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 engaged activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses or damages to person or property including death, and that severe social and economic losses may result not only from Releaser's own actions or negligence, but also from actions, in actions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further 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 SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

(Participant's Signature)

(Date)

(Print Name)

The undersigned, _____ does hereby represent that he/she, in fact, is the parent or legal 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)

(Date)

(Print Name)

(Relationship to minor)

THIS FORM MAY BE DUPLICATED

2005 USWOA Application

(\$25 Membership Dues)

PLEASE PRINT CLEARLY

RENEWAL RENEWAL W/ADDRESS CHANGE NEW MEMBERSHIP

First Name: _____ Last Name: _____

Mailing Address: _____

Street Address (If different from above): _____

City: _____ State: _____ Zip: _____ - _____

Home Phone: _____ - _____ - _____ Office Phone: _____ - _____ - _____

MUST BE 15 YEARS OF AGE TO REGISTER AS A MAT OFFICIAL. IF UNDER 18 YEARS OF AGE, PLEASE COMPLETE BIRTHDATE INFORMATION LISTED BELOW:

Date of birth (If under 18 years old) ____/____/____
Month/Day/Year

Check one: Referee/Judge _____ Pairer _____ Both _____

License Number: _____ Category: _____

Important Membership Information

Categories M2/P2, M1C/P1C, M1/P1, and M1E/P1E: Dues not paid by March 1 will result in suspension until dues plus late fee are paid. Late fee is \$5.

USWOA membership is void unless *signed and dated*. Membership will not be processed unless information is complete and application is signed and dated.

As a USA Wrestling/USWOA member, I agree to abide by the Constitution and By-Laws of USA Wrestling and the USWOA.

Signature: _____ Date: _____

Send membership application and \$25 dues to:

Mike Garvey, 950 218 Ave, Pella, IA 50219 641-628-9947, garvey@kdsi.net
Make checks payable to: Iowa Wrestling Federation/USA Wrestling

In this issue

Folkstyle Regional, State and National Information



Iowa Wrestling Federation News
311 Big Jim Ct.
Dunkerton, IA 50626

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