

MANHATTAN — WRESTLING —



Manhattan Wrestling Newsletter
Monday, January 8, 2018



We would like to thank our GOLD level sponsor, Todd Lagerman and Prairie Stone, Inc., for their support of Manhattan Wrestling.

1. Practice Schedule

- Monday, January 8th:
 - **Today is picture day. Arrive at 5:30 pm** so we can start the individual pictures. All wrestlers will need to wear their new team shirt and shorts for the group picture and singlet for their individual pictures. We will have shirts, shorts and singlets available for check out for those that have not done so already. If you received the wrong size shorts, please let Kendra Kirk know tonight. We will be placing another order of shorts and you can exchange for the correct size when those come in.
 - We will have a short Level 1 practice after pictures, time permitting. Level 3 practice from 6:45 – 8:00 as scheduled.
- We are back to our regular practice schedule.

2. Little Apple Classic tournament entry: <https://goo.gl/forms/hHABjJ9V3dAS98Xr1>. If you are not already signed up, please complete this form by 8:00 pm tonight (1/8/18) so we have a good count before the tournament registration closes tomorrow.

3. There will be opportunities to volunteer this week to help organize and prepare for the tournament.

- Monday: Pictures
- Tuesday: Get tournament supplies from the storage unit and inventory. Make supply bags for the mat-side tables. Bag medals. Make coaches packets.
- Thursday: We will have a list at practice with tournament volunteer assignments for Saturday (table workers, security, hospitality room, etc). Final tournament supply prep. At 8:00 pm, we will remove tape, roll, bag and put the mats on a trailer.
- Friday: Weigh-in workers. Transport the trailer from the armory to MHS at 8:00 pm. Mat setup- meet at the MHS wrestling room at 8:30 pm. As soon as basketball games are done in the

(Friday volunteer opportunities, cont.) South gym, we will move MHS mats and set up. When the North gym is done, we will move our mats in and set up. Table setup for concessions and vendors

- Saturday: Volunteers meet outside of the hospitality room in the commons area of MHS at 7:00 am to check-in. We will hang brackets on the wall, put brackets in binders and finalize setup.
4. Weigh-in for the Little Apple Classic will be in the Manhattan High School wrestling room (detached building off the Southwest corner of the high school) on Friday from 6:00-7:00 pm. Wrestlers must weigh-in wearing a competition singlet. We will conduct skin and fingernail checks at our weigh-in-- please have your fingernails trimmed and smooth. If you have a questionable skin condition, you must have the appropriate documentation.
5. Hospitality Room
- The hospitality room on Saturday is for Manhattan Wrestling families and tournament workers.
 - We need each family to bring the items listed according to your wrestler's age division. Please bring the items with you to weigh-in on Friday (take to the hospitality room in the commons area).
 - 6 & Under: 2 sets of 8, Gatorade (16 total) and 1 bag of chips
 - 8 & Under: 1 case of pop (24 cans) and 1 package of cookies
 - 10 & Under: 2 sets of 8, Gatorade (16 total) and 1 bag of chips
 - 12 & Under: 1 case of pop (24 cans) and Fruit (bag of apples, oranges or bunch of bananas)
 - 14 & Under: 1 case of pop (24 cans) and Fruit (bag of apples, oranges or bunch of bananas)
6. Saturday Night After-Party: It takes a lot of hard work to set up and run a wrestling tournament. After the tournament is over, torn down and cleaned up we will meet up to celebrate another successful event. Get a baby sitter, and join us at the Blue Hills Room at R.C. McGraws for some fun.
7. Reminder of the Regular Practice Schedule:
- Level 1: Foundation (new/novice group)
 - Monday and Thursday 5:45 – 6:45 (same days and times)
 - Level 2: Developmental
 - Tuesday 5:45 – 6:45
 - Also attend Level 1 practices Monday and Thursday 5:45 – 6:45
 - Level 3: Advanced
 - Monday, Tuesday and Thursday 6:30 – 8:00
 - Highly recommended to attend practices from 5:45 – 6:45 on the same days
8. Follow us on social media
- Facebook: www.Facebook.com/manhattanwrestling
 - Twitter: www.twitter.com/MOKWCKS