

MANHATTAN — WRESTLING —



Manhattan Wrestling Newsletter
Thursday, January 18, 2018



We would like to thank our GOLD level sponsor, Ross McKinney and Dara's Fast Lane, for their support of Manhattan Wrestling.

1. Practices will follow our regular practice schedule (see below).
2. Upcoming Wrestling Tournaments
 - Wamego: weigh-in will be at the armory this Friday, January 19th from 5:45-6:30. Must weigh in a competition singlet. Preliminary skin and nail checks will also be done. Wamego requires on-site skin and fingernail checks Saturday morning in the main gym (upper level above the stands) from 6:00-8:00 am. If you do get checked, they can scratch you from the tournament.
 - Tournament entry registrations are due tonight for the Salina Tournament of Champions—event date is Saturday, January 27th. We consider this an advanced tournament due to the large number of participants (1500 wrestlers), and the method of bracketing (all wrestlers per age and weight division will be in one bracket, with the most common divisions having up to a 64-man bracket). The Salina ToC will have a girls division this year! Weigh-in will be in Salina on Friday, January 26th. They give a 0.9 lb allowance. More weigh-in details next week (and in your ToC entry email).
 - Registration forms are available for February 3rd (Clay Center and Maize Battle of the Belt). Battle of the Belt is considered an advanced tournament for similar reasons as Salina; will also have a girls division.
 - For those wishing to compete at the Rock Creek tournament, they have changed the date from Saturday, February 17th to Sunday, February 18th. Plan accordingly.
 - The 6 & Under season and anyone not wishing to compete in the state series will be complete close to the end of February (practice and tournaments).
3. Singlet Returns and Team Shorts
 - Now that we have taken our team picture and our home tournament is over, you may turn your singlet in if you are done attending tournaments for the season. You may turn your singlet in to Kendra Kirk at practice (we will return your singlet deposit). You may continue to attend

practice—there is no requirement that you have to compete in tournaments to practice. There is still time to improve this season!

- Team Shorts: if you do not have the correct size shorts, tonight is the last opportunity to let us know. Please bring your shorts that are too big tonight and turn them in to Kendra Kirk. We will be placing the order for replacements tomorrow.

Practice Schedule

- Level 1: Foundation (new/novice group)
 - Monday and Thursday 5:45 – 6:45
- 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

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