

LAGUNA HILLS HIGH SCHOOL
25401 PASEO DE VALENCIA, LAGUNA HILLS, CA 92653
brian.notch@svusd.org
(602) 309-9943 Cell

2nd ANNUAL LAGUNA HILLS HS FRESHMAN GIRLS TOURNAMENT

LOCATION Laguna Hills High School

DATE November 25, 2023

THIS TOURNAMENT IS FOR FRESHMAN GIRLS WHO JUST STARTED WRESTLING THIS YEAR. NO CLUB OR OTHER EXPERIENCE. NO EXCEPTIONS, PLEASE! LET'S MAKE THIS A GOOD, COMPETITIVE TOURNAMENT FOR FIRST-YEAR FRESHMAN GIRLS!

WEIGH-INS 7:00-8:00 AM in the small gym. Wrestlers will be checked for skin disorders at weigh-ins. **Tournament director has final authority regarding skin disorders.** If your wrestlers have ringworm, impetigo, etc., please leave them home.

WEIGHT CLASSES No weight classes. Girls will weigh in so we know where to pool them. All girls must be weighed in by 8:00 AM so we can start pooling.

FORMAT We will do 3, 4, 5 man pools OR 8 man brackets so everyone gets lots of matches.
Matches will be 1-1-1 in length.

WRESTLING Wrestling will be mixed in with the freshman boys tournament. We will wrestle straight through until finished.

WRESTLING BEGINS Approx. 10:00 AM for the girls. (Boys start at 9:30)

WRESTLERS You can bring girls that are the same weight or close to the same weight. We will try to separate them into different pools.

AWARDS Individual medals 1st, 2nd

ENTRY FEE \$275/team (7 or more) \$30/wrestler (6 or less). Please pay team entry before Nov. 1, 2023. Make checks payable to Laguna Hills Wrestling.

CONCESSIONS A full concession stand will be available throughout the tournament for your convenience.

CONTRACTS Please complete and return the contract ASAP
(email to brian.notch@svusd.org is best)

CONTACT Brian Notch (602) 309-9943 (Cell)
Please do not hesitate to call if you have any questions.