

WRESTLING CONTACTS

Head Coach – Derek Mestrovich dmestrovich@nsd131.org 208-899-9960

Assistant Coach – Zak Gesford zgesford@nsd131.org

Assistant Coach – Ms. Laura Olayos lolayos@nsd131.org 208-350-0066

Team Moms:

Rayna Scott - 310-897-9046

Becky Lanningham - 208-697-7316

FACEBOOK PAGE : EVMS WRESTLING TEAM

Spirit Gear Store Open 10/1/18 – 10/13/18 : <https://otidaho.com/>

IMPORTANT DATES:

10/8/18 – First day of practice

10/12/18 – Last day to turn in physical, concussion form, registration form, emergency contact form and fees.

East Valley Wrestling Schedule

October 20 – Middleton Jamboree (Middleton HS 9am)

October 27 – West Duels @ Nampa High/JV @ West MS (8:00am)

October 30 Middleton @ East

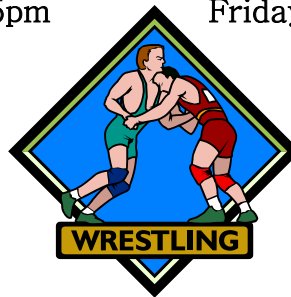
November 2 & 3 – Syringa Tournament @ 5pm

Friday

November 6 East @ South

November 8 East @ Mtn. Home

November 13 Kuna @ East



November 16 & 17 Treasure Valley Tournament (Borah HS)

Nov 27 Lone Star @ East

December 4 East @ West MS

December 7th & 8th Tournament: East Division @ Kuna



Viking Invitational

October 20, 2018

Location: *MIDDLETON HIGH SCHOOL* – 1538 Emmett Rd., Middleton, ID 83644

Date: Saturday, October 20, 2018

Time: All teams 9:00 am. Gym Doors open at 8:00 am

Weight Classes: 20 weight classes

68,75, 82, 88,94,101,106,113,120,126,132,138,145,152,160,170,182,195,220,285

Weigh-ins: Will be conducted at your respective school. Please E-mail a copy of your wrestlers and their weight to klove@msd134.org by 5:30 pm Thursday (10/18/18).

Cost: Unlimited entrees per team, per weight. Each entry will cost \$3. Please make checks payable to Middleton High School.

Admission for fans:

Adults	\$4.00	Seniors	\$2.00
Child K-5	\$1.00	Mid/High	\$2.00 w/activity card
IHSAA Passes Accepted			\$3.00 without

Concessions will be sold

Schedule: Wrestling will start at 9 am. Five rounds of wrestling will be conducted. This tournament will be completed as close as possible to 3 pm.

Format: This tournament will be open to all Varsity and JV wrestlers. There will be a minimum of ten reduced sized mats running at all times. Matches will be conducted according to middle school rules. Each wrestler will be guaranteed five matches.

Referees: In order to keep cost down, we will be asking for volunteer referees. We should have some referees in training, but also asking for schools to bring high school wrestlers and parents that know the rules as referees. The more you bring the more we take off your entry fees! Please understand that these are not professionals nor are they paid. This tournament is all about mat time and gaining experience.

Questions: Keith Love,– klove@msd134.org, cell phone: 208-631-1745, or Dale Karst, MMS Athletic Director- dkarst@msd134.org

West Dawg Day Duals
Varsity Duals & JV Jamboree
October 27, 2018

Place: Varsity @ Nampa High School-Main Gym
JV Jamboree @ West Middle School Main Gym

Date: Saturday, October 27, 2018

Time: Gym doors open at 8:00am. Coaches Meeting at 8:45am.
Wrestling Starts at 9:00am.

Team Entry Fee: \$100.00 per school. Includes all JV Wrestlers.

Admission: Intervalley League Tournament Prices

Adults	\$5.00	Seniors	\$2.00
Child K-5	\$1.00	Mid/High	\$2.00 w/Activity Card
IHSAA Passes Accepted			\$3.00 without

Concessions will be sold. Pizza and Blimpie for sale. **Shirts will be on sale.**
Hospitality room will be provided for coaches, officials, workers & administrators.

Trackwrestling will be used for the Varsity duals and the JV Jamboree.
Wrestlers must be entered by (TBA in future email)

Weight Classes: New Inervalley League weights
70,75,80,85,90,95,100,105,110,115,121,127,134,141,148,160,175,200,285

Weigh-ins: At home on Friday Oct. 26. Scratch Weight.
Coaches it is your responsibility to conduct an accurate weigh-in.
One varsity wrestler per weight class.

T-Shirts for undefeated wrestlers in the Varsity Duals. (Must have been in the lineup for at least 3 duals)

Varsity Dual Match Schedule: NHS Main Gym

15 Min. Warm-up between Rounds.

JV Jamboree: West Middle School Main Gym

28 S. Midland Blvd. Nampa, ID. 3 blocks from NHS

We will be using Trackwrestling for the JV Jamboree tourney. Wrestlers will match up in pods of 4 and will wrestle three matches (time permitting). JV wrestlers will check screen to see when and what mat they are wrestling on.

Individual wrestlers cannot wrestle more than 5 matches in 1 day.

Questions—Contact Shaun Roberts

West Wrestling Coach

208-250-3867

Email sroberts@nsd131.org

Syringa Middle School will be hosting their annual middle school wrestling tournament November 2-3 2018.

Weigh-ins will be conducted at each school by the individual coaches the night before the tournament. All rosters must be entered on to **trackwrestling no later than 6:30pm Thursday November 1st**. We will be running 32 man double elimination brackets. All weights over 32 will be split into A and B brackets.

The entry fee for this tournament will be \$8.00 per wrestler. We will bill your school based on the number of wrestlers you enter on trackwrestling via email. If you would like to bring a check or cash, that will be accepted.

Hospitality room will be available for workers, officials, and coaches.

Concessions will be available.

Admission for spectators will be \$5.00 for adults, \$3.00 for students and kids five years old and under will get in free.

The format of the tournament will be as follows:

- **Wrestling will start on Friday promptly at 5:00 p.m. and end around 9:00 p.m. and continue promptly at 9:00 a.m. Saturday**
- All wrestlers will be randomly drawn onto the brackets. **Then we will separate to the nearest quarter bracket wrestlers that have the following credentials: Reno Worlds placer, Treasure Valley top three placer and returning SMS tournament champion.** Coaches please email this information to the tournament director. Every effort will be made to separate teammates to opposite sides of the bracket.
- Medals will be awarded after each placing match.
- A team trophy will be awarded to the winning team.
- The following weight classes will be used for the tournament:
70 76 83 90 96 103 110 117 125 135 145 155 175 200 HWT

The best and quickest way to contact me is through my email. Also, if you have a different email please send your address. Then, if there are any changes I can get them to you quickly.

If you have any questions or concerns please contact me.

Sincerely,

Jeff Kloetzer
Tournament Director
(208)477-4205
jkloetzer@caldwellschools.org