

# Wauneta - Palisade Public Schools

Inspiring our youth and expecting results everyday



## Administrators and Wrestling Coaches

From: Joseph Frecks, Principal/AD Wauneta-Palisade Schools

RE: RPAC Wrestling, Friday, January 24, 2020.

**Teams Attending:** Alma, Arapahoe, Bertrand/Loomis, Cambridge, Dundy-County/Stratton, Hitchcock County, Maxwell, Medicine Valley, Paxton, Southern Valley, Southwest, Wauneta-Palisade.

**Schedule:**

- 10:00 MT/11:00 CT- Weigh-ins in the gym. If you have a certified scale and want to bring it please let Coach Wiese know. We will weigh-in by team.
  - There will be a **1 pound** weight allowance
- 11:00 MT/12:00 CT- Seeding meeting in classroom to the southwest corner of the gym.
  - We will use NSAA district rules for entries. This means you may enter a JV participant but must have them marked as a non-scorer on your entry. No Team will be allowed more than 14 total wrestlers. Pool format will be used.
- 12:00 MT/1:00 CT- 1st round of wrestling will begin
  - We will use 2 mats, take breaks as needed, and a meal break after the 3rd round.

**Awards:** Top three teams will be awarded plaques. Top four in each weight class will be awarded medals. Team champion Head Coach will receive an award.

**Unloading:** You may unload your team in front of the main entrance on the east side of the school.

- **School Vehicle Parking:** Park ALL school vehicles on the west(home) side of the football field.

**Locker Rooms:** Will be assigned upon arrival and will be shared with other schools. Wauneta-Palisade is not responsible for lost or stolen items. Please be responsible for your own valuables. Locker rooms will not be supervised. We will have a separate locker room for girls.

**Seating:** **All parents/fans will be asked to sit in the south bleachers.** The north side bleachers will be reserved for athletes, coaches, and other team personnel.

**Officials:** Duane Skiles, Alex Bushow, Chase Shifflet.

**Track Wrestling:** Invites were sent by Jeff Krejdl. NSAA district entry rule is in affect. **Make sure to mark your JV entries as non-scoring.**

**Hospitality:** Will be available to coaches, bus drivers, workers, officials, and administrators and will be located in the cafeteria to the south of the gym.

**Admission:** \$6.00—Adult \$4.00—Student (K-12) Conference Passes will be accepted. Participating wrestlers, coaches, managers, table-help, cheerleaders in uniform will be admitted for free. Administration and bus drivers should identify themselves for free admission.

*Wauneta-Palisade School is excited to be hosting the RPAC Wrestling Tournament. If you have any questions, please feel free to call me at 308-394-5700 (school) or 308-340-3457 (cell).*