

Pal-Mac Youth Pin-to-Win Wrestling Tournament

Sunday, January 11, 2009

Palmyra-Macedon Central High School

151 Hyde Parkway, Palmyra, NY

Walk-in Registration:

Ages 5-10: 7:30 to 9:00 am Wrestling begins approximately 10:00 am

Ages 11-14: 7:30 – 11:00 am Wrestling begins approximately 1:00 pm

NO JV OR VARSITY EXPERIENCE

Between weigh-in and tournament start, Pal-Mac Varsity wrestlers will conduct a hands-on skills clinic!

Featured Clinicians include:

- 1) Alex Ekstrom – 3X NYS Champion, National Champion
- 2) Tyler Marlow –NYS Champion, 3rd place NYS Champion, Sophomore All American
- 3) Sean Walton – 4X Section BBBB Champ, 3rd place NYS Champion (2x)
- 4) Matt Hasbrouck – 3x Section V Champ, State Tournament Qualifier
- 5) Pat Krenz – 2X Super Sectional Qualifier

- Split Session
- All wrestlers to weigh-in at registration
- Entry fee: \$16.00 (Checks payable to Pin and Win Club), No Refunds
- Sanctioned referees when possible
- Spectator Admission: Adults \$2.00, Students and Senior Citizens \$1.00, Under 10 Free
- Concessions Available all day
- Format: **5-man Round Robin** brackets. Each wrestler has four matches to determine champion. Head-to-head, # of pins, technical and major decisions are primary tie-breakers. Tournament officials reserve the right to create other brackets as necessary.

<u>Scoring system:</u>	Pin	6 points
	Technical Fall	5 points
	Major Decision	4 points
	Win	3 points

- Highest cumulative point total wins (*note emphasis on pinning!*)
- Awards for all places

Questions? Call Bob Ekstrom at (585) 303-3874
or e-mail: mcourtne@rochester.rr.com

Wrestling is a high impact physical sport. I understand that my child may face physical challenges that surpass other sports. I welcome these challenges and hold harmless the coaches, volunteers, Pal-Mac School District, Palmyra Community Center and the Pin-n-Win Club. I have health insurance and assume all responsibility in the event of an injury.

Legal Guardian Signature: _____

Name of wrestler (print legibly): _____

Age *as of 1/1/2009*: _____ Club: _____

(For use by tournament officials only)

Cash _____ Check _____