

NFWC POWERCATS
16TH ANNUAL WINSPIRATIONAL
TOURNAMENT

March 28, 2009

Ages 4-19

(5-19 year olds must be enrolled in school)

J.V. and Varsity Wrestlers Welcome

These wrestlers cannot be used for team points

Up To 6-Man Round Robins

Weigh -In's:

March 27, 2009 6:30-8:00 p.m.

March 28, 2009 8:00-9:00 a.m.

Registration \$18.00 (Must have a valid AAU Card)

Registration forms available at tournament only

1st -3rd place Trophies

Team Trophies: 1st, 2nd & 3rd places

We are guests of Niagara Falls High School and all rules must be followed.

Anyone not following the rules will be asked to leave the tournament.

- **There will be NO SMOKING on school grounds**
- **NO FOOD will be allowed outside of the cafeteria**
- **No Coolers will be allowed in the gym**
- **All children must be supervised at all times**
- **No running or horseplay in the halls**

**For more information and registration call:
Niagara Falls Wrestling Club 716-284-9059 or
Mary at 716-418-5952**

Admission: \$2 adults \$1 students (5 & under free)

**Tournament will be held at:
Niagara Falls High School
4455 Porter Road
Niagara Falls, NY 14305**