

# 16<sup>th</sup> Annual Valley Duals Wrestling Tournament

Memo to: Central Valley Academy(III), Cobleskill-Richmondville(II), Onteora(IX), Spencer Van Etten(IV), Copenhagen(III), Little Falls(III), Northern Adirondack(VII) and 1 more team.

From: Bob Bush-Central Valley Wrestling Coach

Re: Dual Meet Tournament on December 11<sup>th</sup> and 12<sup>th</sup> 2015

Place: Central Valley Academy-Ilion, NY 13357

Cost: \$400 per team  
Please send check or claim invoice made out to Central Valley Central School, c/o Bob Bush.

Format: Each team will wrestle 3 duals in 3 rounds on 4 mats on Friday and 5 duals in 5 rounds on 4 mats on Saturday.

Awards: First Place Team, MOW for each team chosen by each team's coach.

Schedule: Each school will draw a number at the scale to determine match order.

<u>Day</u>	<u>Time</u>	<u>Round</u>
Friday	5:00 pm	1
	6:30 pm	2
	8:00 pm	3
Saturday	9:45 a.m.	4
	11:15 a.m.	5
	1:15 p.m.	6
	2:45 p.m.	7
(Place Match)	4:15 p.m.	8

Rounds will be moved up if shorter match times exist. Each round will start at the same time. We will take about a thirty minute break for lunch at the end of the second round.

Confirmation: Please send in attached sheet committing you to participate in the Valley Duals Wrestling Tournament on December 11<sup>th</sup> and 12<sup>th</sup> 2015. If we have not heard from you either by phone: (315) 725-6333(cell), (315) 895-7471(school) or (315) 894-1907 (H) or by fax: (315) 895-5255 or in the mail by September 31<sup>st</sup>, we will invite someone else.

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\_\_\_\_\_ Indicates their commitment to compete in the Valley Duals Wrestling Tournament on December 11<sup>th</sup> and 12<sup>th</sup> 2015

\_\_\_\_\_ does **NOT** wish to participate in 2015.

Signed \_\_\_\_\_ Athletic Director

Signed \_\_\_\_\_ Coach

Please fill out and return immediately to: Bob Bush  
Wrestling Coach  
Central Valley Academy  
111 Fredrick Street  
Ilion, NY 13357