

**NFWC POWERCATS**  
**17<sup>TH</sup> ANNUAL WINSPIRATIONAL**  
**QUEST FOR THE RING!**

**March 27, 2010**

**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 26, 2010 6:30-8:00 p.m.**

**March 27 2010 8:00-9:00 a.m.**

**Pre-Registration \$20.00 due by March 24, 2010**  
**(Must have a valid AAU Card prior to registration)**

**Championship Rings Medals for 2<sup>nd</sup> & 3<sup>rd</sup>**  
**Team Trophies: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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:**

**Coach Don at 716-940-3938 or**

**Coach Rick at 716 -297-0097**

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

**Tournament will be held at:**

**Niagara Falls High School**

**4455 Porter Road**

**Niagara Falls, NY 14305**

AGE AS OF MARCH 24, 2010

Table with 2 columns: Weight Class and Age Range. Includes categories like YOUTH 6&UNDER, BANTAM 7&8, MIDGET 9&10, JUNIOR 11&12, SCHOOLBOY 13&14, and HIGH SCHOOL.

Tournament director reserves right to combine weight classes

- THIS EVENT IS SANCTIONED BY THE AMATEUR ATHLETICS UNION OF THE U.S. INC.
• ALL PARTICIPANTS MUST HAVE A CURRENT AAU MEMBERSHIP.
• AAU MEMBERSHIP MAY NOT BE INCLUDED AS PART OF THE ENTRY FEE.
• AAU MEMBERSHIPS MUST BE OBTAINED PRIOR TO THE EVENT. MEMBERSHIPS CAN BE OBTAINED AT THE AAU WEBSITE: WWW.AAUSPORTS.ORG.

RULES: Collegiate Rules (Folkstyle)
BOUT LENGTH 2-1 1/2 min periods for Y, B, M, J
2-2 min. periods for SB,HS
Overtime—1 Minute Sudden Victory, 30 Second Criteria (if needed)

Pre-Registration due by:
March 24, 2010

Mail registrations to: Don McCoy
468 22nd Street
N.F. NY 14303
Make checks payable to: NFWC

WEIGHT \_\_\_\_\_ BRACKET \_\_\_\_\_

CLUB/SCHOOL NAME \_\_\_\_\_ AAU
# \_\_\_\_\_

WRESTLERS NAME \_\_\_\_\_ DATE OF
BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ / STATE \_\_\_\_\_ / ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

I understand that NFWC nor Niagara Falls High School is not responsible or liable for any injury accidental or otherwise. NFWC nor Niagara Falls High School is not responsible for any items lost or stolen.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_