

**CHAMPIONS
ARE NOT BORN
THEY ARE
MADE**



PMYWC
14/15 SEASON
K-6TH GRADE

POCONO MOUNTAIN



PRE-SEASON TEAM DUALS

SUNDAY

**POCONO MOUNTAIN
EAST HIGH SCHOOL**

23

**WEIGH-INS
HONOR
WRESTLE
8:45AM**

NOVEMBER



**CONTACT
MIKE
HOLLAR**

**TEAM REGISTRATION
FEE \$325**



MBH818@PTD.NET

Pocono Mountain Youth Wrestling Club

Pre- Season Team Duals
Elementary Grades k-6

SUNDAY, NOVEMBER 23, 2014

Pocono Mountain east senior high school
135 Pocono Mountain School Road
Swiftwater, PA 18370

Weights: 46, 50, 54, 58, 61, 64, 67, 70, 73, 76, 80, 85, 90, 95, 105, 120, 160

Doors Open: 7:30 Weigh-ins: Honor System Wrestling Starts: 8:45

Awards : Top 3 teams will receive a trophy

Format : We will have a maximum of 12 teams divided into 2 pools of 6. Each team will wrestle the other 5 teams in their pool. Pool winners will wrestle for 1st/2nd, pool runner-ups will wrestle for 3rd/4th, etc. If we get less than 12 teams, we will adjust the pools accordingly to get each team a maximum number of matches.

Registration : **\$325 per team.** Each team will consist of 17 wrestlers and 3 alternates. Payment and team registration are due by :
Sunday, November 16, 2013.

Make checks payable to: PMYWC

Send checks and registration forms to: PMYWC
PO Box 452
Reeders, PA 18352

Bout length: All matches will be 1:00 - 1:30 - 1:30
Headgear must be worn

Admission: \$5/Adults
\$3/kids
Kids 5 and under are free



Each team will be allowed 3 coaches. All other coaches will be required to pay admission.

Teams are required to provide table help for each match

Concession stand will be available throughout the day.

Questions can be directed towards Mike Hollar – 570-807-2343 or mbh818@ptd.net

Pocono Mountain Youth Wrestling Club

Pre- Season Team Duals

Team Registration

School_____

Head Coach_____

Contact e-mail_____ Contact Number_____
(registration will be confirmed with an e-mail)

Asst. Coach_____ Asst. Coach_____

WT	NAME	GRADE
46		
50		
54		
58		
61		
64		
67		
70		
73		
76		
80		
85		
90		
95		
105		
120		
160		
ALT		Wt
ALT		Wt
ALT		Wt