



Alberta Winter Games Zone 5 Wrestling 2016 Trials

St. Theresa Catholic School and the Strathcona Wrestling Club are pleased to host this year's Zone 5 Wrestling Trials for the Alberta Winter Games!

Location:

St. Theresa Catholic School
2021 Brentwood Blvd., Sherwood Park, AB.
T8A 0X2

Date and Time:

- **Weigh Ins** - At home, coach supervised on Wednesday **December 2nd**. Please send the completed registration form (to strathconawrestling@gmail.com) once the athletes have been weighed in.
- **Trials** - Friday, **December 4th**. Wrestling will start at 5:00pm until completion.
- **Intent to attend clinic** (See info below): Please send an email by **November 20th** to strathconawrestling@gmail.com stating the number of wrestlers who intend to stay for the clinic on Saturday after the trials. Any athlete registered for Zone 5 trials is eligible for the clinic.

Cost:

\$10/Athlete

Eligibility:

- All Males and Females born in 2001, 2002, or 2003 (13 – 15 years of age by December 31, 2016).
- All athletes of the correct age and weight may participate.
- Athletes who have won a National Championship are ineligible.
- Athletes may compete in their zone of residence or a zone where they are a club member, however, they must declare zone of choice prior to competition.
- All athletes must be registered with the Alberta Amateur Wrestling Association prior to competing.

Weight Classes:

Males of the correct age may compete in one the following weight categories* (kg):
37 - 40, 43, 47, 51, 55, 60, 65, 70, 76, 83, 83+ (95 maximum).

Females of the correct age may compete in one the following weight categories* (kg):
39 - 42, 46, 51, 56, 60, 65, 72

*There will be a one (1) kg weight allowance at the Games.

Additional Competition Notes:

- Matches will be 2 Rounds of 2 minutes, as per Wrestling Canada Lutte Cadet rules.
- In the event that the second and third place finishers have not met in the competition, a wrestle off will occur to determine the alternate.
- Mouth guards are required.
- There will be a concession on site.
- All athletes must be registered with the Alberta Amateur Wrestling Association prior to competing.
- All athletes must register online prior to the trials. They must bring the hard copy of the completed Alberta Winter Games Registration Form, the waiver, and a \$60.00 cheque payable to AAWA, to the trials in order to participate.

Clinic on Saturday, December 5th (Optional):

The Canadian Wrestling Team Trials will be happening in Sherwood Park from December 4th to 6th and we are excited to have the opportunity to invite any registered Zone 5 Alberta Winter Games Trials athlete to attend a clinic held by Olympians that will be held on the Saturday following AWG trials!

The three clinicians will be:

Tonya Verbeek – 3-time medalist at the Olympics (2 Silver, 1 Bronze)

Gia Sissaouri – Silver medalist at the Olympics and 2001 World Champion

Leigh Veirling - Canada's Women's Olympic Coach

The clinic will start at 9:00am at Millennium Place (2000 Premier Way, Sherwood Park) with introductions and a warm up and will run until 10:45am. Please confirm intent to attend this session by **November 20th**.

Contact Information:

If you have any questions, please feel free to contact Evelyn at 780-918-9337 or at StrathconaWrestling@gmail.com.

Alberta Games On-Line Registration Instructions

1. Go to www.albertagames.com web site
2. Click on the 2016 Alberta Winter Games Medicine Hat Header
3. Select "Registration from" the drop down menu
4. Click the "Click Here" button under Participant Registration
5. Fill in all fields on the on-line form (A valid e-mail address & mailing address is required)
Note: Families with more than one member on a team should use separate email addresses if possible
6. Submit the form. A confirmation page will appear with all information entered. If changes need to be made, the 'Back' button can be selected to return to the registration form for editing. If the information is correct click "Submit" for the final submission. A page should display noting that the registration was submitted successfully.

Additional Notes:

- Once your sport is selected, use the drop-down box to select category & events. For some sports, more than one event per participant can be selected.
- Head coaches will be required to add their NCCP# to the registration in order to complete their registration.
- Select & check a transportation option that applies to you (i.e. Bus Required To Games or Bus Required From Games, or both). If unsure please select transportation to and from as a default.
- Bus transportation is included to and from the games for all participants living 100km from the Host community

Waiver of Liability & Release Form

- All participants must submit a properly signed and dated Alberta Games – Waiver of Liability & Release form in order to participate in the Alberta Games.
- If the participant is under the age of 18, a parent/legal guardian must complete and sign the form.
- Ensure the properly completed Waiver & Release form is returned to your Provincial Sport Association contact.
Bring this to the trials.
- A \$60.00 fee, payable to the **Alberta Amateur Wrestling Association (AAWA)** is required with each **athlete** Waiver of Liability & Release form (The cheques will be returned to athletes who do not win a spot at the games)