

To: Alaska Junior/Middle School Athletic Directors
Alaska Junior/Middle School Wrestling Coaches

From: Tournament Director: Rob Ott rob.ott@k12northstar
Assistant Principal: Greg Clark greg.clark@k12northstar.org

Re: **45th Annual Tanana Invitational Wrestling Tournament**

Date: December 18th, 2019

POINTS OF EMPHASIS:

SEEDING MEETING

WEIGH-INS

REGISTRATION THROUGH TRACKWRESTLING

ASAA APPROVED PHYSICIAN'S RELEASE FORM

FEES

We are happy to be hosting the 45th Annual Tanana Invitational Wrestling Tournament on February 28th and 29th, 2020. The following information is for your planning purposes:

COACHES: The head coach will submit a roster of coaches and staff that have met your district requirements to be authorized to work with students. Only those approved coaches and staff will receive a coaching pass and afforded the privileges and responsibilities of coaching. Coaching passes must be worn at all times during the tournament. Persons without a coaching pass will be denied access to the mat and hospitality room.

Boys Weight Classes: growth allowance and uniform has already been added

71.5, 78.5, 85.5, 92.5, 99.5, 106.5, 111.5, 115.5, 119.5, 123.5, 127.5, 133.5, 141.5, 149.5, 161.5, 175.5, 211.5, and Heavyweight (Max. 276.5)

Girls Weight Classes: growth allowance and uniform has already been added

73.5, 82.5, 90.5, 98.5, 106, 114.5, 121.5, 129.5, 137.5, 146.5, 156.5, 176.5, 196.5

Weigh-ins will start at the following times and all wrestlers need to be present at the beginning of the weigh-ins or will not be allowed to weigh-in. Mats will be available for practice all day Thursday proceeding weigh-ins. We realize wrestlers are traveling a long way to compete and don't want to restrict anyone's participation. Please weigh your wrestlers prior to the start of weigh-ins and make adjustments to your roster on trackwrestling by 5:45pm on Thursday

February 27th. Once we start weigh-ins a wrestler will not be able to change his or her weight class.

Thursday February 27th: 6:00 p.m.

Saturday February 29th: 8:30 a.m. (additional 1 lbs)

*Thursday weigh-ins are to ensure that wrestling begins Friday promptly at 10:00 a.m.! This means you must weigh-in on Thursday in order to wrestle in the tournament. Weigh-ins will be in the back gym. Everyone will be weighed in by certified officials and will weigh-in in their appropriate uniform.

Seeding Meeting will be held at Tanana Middle School immediately following weigh-ins on Thursday February 27th, 2019.

Physician's Release for Wrestler to Participate with Skin Lesion

Officials will be inspecting wrestlers during weigh-ins for any communicable skin disease or any other skin condition. Wrestlers with **ANY** communicable disease or skin condition will need to present the officials with a **current** Physician's Release for Wrestler to Participate with Skin Lesion form documented by an appropriate physician. This form is available from the ASAA website www.asaa.org. A copy of this form is also provided in this informational packet. **Only the ASAA form will be accepted.**

Participants: Only eligible students in the 6th, 7th, and 8th grades may be allowed to represent your team.

AGE RESTRICTION: Any student who has turned 15 before August 1, 2019 will **NOT** be eligible for this tournament.

If there is a question of eligibility for participation we will follow the student athlete requirements based on the FNSBSD 2019-2020 activities handbook. We reserve the right to refuse any participant.

Uniforms: All wrestlers must wear a collegiate style singlet or shorts and compression shirt. No freestyle singlets will be allowed. Please refer to the NFHS rule book for uniform regulations.

Girls or boys with long hair will have the choice of braiding their hair or wearing a hair net.

Wrestling Times

Friday February 28th, 2020 10:00 a.m.

Saturday February 29th, 2020 10:00 a.m.

FEES

All entry fees are used to defray the cost of hosting the tournament, officials, and awards. Fees must be paid by Thursday, February 27th, 2020. Any fees not paid will be collected at Thursday's seeding meeting. Receipts will be given out at that time.

The fee will be \$20 per wrestler with a maximum of \$600.

We charge spectators a \$5 entry fee. Tanana is a cash only school. We cannot accept credit cards. **Please inform your parents.**

Hospitality Room

The hospitality room is provided for coaches, staff, and referees only. Coaching passes must be shown to enter. Parents and other supporters will need to use the concessions.

Housing

Coaches or chaperones, staying at Tanana or other district schools, need to be in the gym or classroom with the kids to provide needed supervision. Please secure personal belongings. Tanana Middle School and the Fairbanks School District will not be responsible for loss or damages to personal property.

If you need assistance with sleeping arrangements at one of our district schools, please contact Greg Clark greg.clark@k12northstar.org

If you need assistance with sleeping arrangements in one of our classrooms at Tanana Middle School, please contact Rob Ott rob.ott@k12northstar.org

Miscellaneous

Please be ready to provide your own baggies for ice, your own tape, and cushions for your bed. These will not be available. Any damage or excessive messiness caused by teams being housed will be billed to your school to cover the cost of cleaning and repair.

CHILD ABUSE, ABUSIVE LANGUAGE, DISORDERLY CONDUCT, WILL NOT BE TOLERATED!

REGISTRATION

The Following sheet needs to be completed and returned before February 19th

TEAM NAME AND MASCOT _____

SCHOOL ADMINISTRATOR NAME, EMAIL, & PHONE #

HEAD COACH NAME, E-MAIL, & PHONE # _____

COACHES' AND STAFF NAMES _____

Approximate # of wrestlers _____

TEAM ROSTERS WILL BE ENTERED BY THE COACH USING TRACK WRESTLING ONLY!!!

When a list of approved coaches and staff has been received a trackwrestling password will be emailed to the head coach

Please submit your roster by Wednesday February 26th so we can print weigh-in lists for the officials. Changes to the roster can be made up until 15 minutes prior to the start of weigh-ins on Thursday, February 27th.

PLEASE CHECK YOUR WRESTLERS' WEIGHT WHEN YOU ARRIVE AT TANANA MIDDLE SCHOOL AND MAKE ADJUSTMENTS TO YOUR ROSTER BEFORE WEIGH-INS.

**ABSOLUTELY NO LATE ENTRIES OR CHANGES AFTER 6
P.M. THURSDAY February 27th WILL BE ACCEPTED!**

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT
ROB OTT
907-452-8145, EXT. 14109 or rob.ott@k12northstar.org

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PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Note to providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rule-4-2-3 which states: "If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This documentation shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.

Note: If an on-site tournament physician is present, he/she may overrule the diagnosis of the physician signing this form.

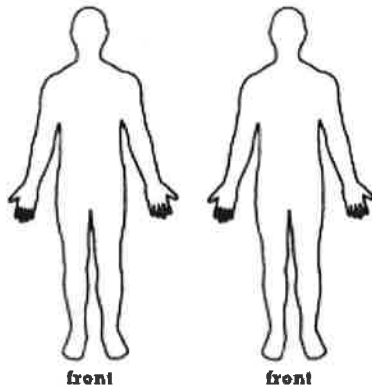
Below are some guidelines that suggest minimum treatment before returning to wrestling.

- **Bacterial diseases (impetigo, boils):** Oral antibiotic for 2 days and no drainage, oozing or moist lesions.
- **Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorium):** No new lesion in 48 hours and all lesions scabbed over. No oral treatment is required.
- **Tinea lesions (ringworm scalp, skin):** Oral or topical treatment for 7 days on skin and 14 days on scalp.
- **Scabies, Head Lice:** 24 hours after appropriate topical management.
- **Conjunctivitis:** 24 hours of topical or oral medication and no discharge.
- **Molluscum Contagiosum:** 24 hours after curettage.

Name of Student

Date of Exam

Mark location(s) of lesion(s):



Diagnosis

Communicable

Non-contagious

Describe location of lesions

Medication(s) used to treat lesion(s)

Date treatment started

Earliest date may resume participation

Physician's Name (printed or typed)

Physician's phone

Physician's Address

Physician's Signature

ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.

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