

PARTICIPATING HIGH SCHOOLS

Academics Plus Charter School
Arkansas School for the Blind
Ashdown High School
Augusta High
Barton High
Beebe High
Benton High
Bentonville High
Berryville High
Bismarck High
Brinkley High
Bryant High
Cabot High
Catholic High
Central Arkansas Christian
Little Rock Central
Conway High
Decatur High
Des Arc High
England High
Episcopal Collegiate
Fayetteville High
Fort Smith Northside
Fort Smith Southside
Gentry High
Glen Rose High
Harding Academy
Hughes High
Jacksonville High
Jonesboro High
Little Rock Christian
Little Rock Hall
Mountain Home High
Mountain View High
North Little Rock High
North Pulaski High
Oak Grove High
Pangburn High School
Poyen High School
Pulaski Academy
Riverview High
Robinson High
Rogers High
Roger's Heritage
Russellville High
Searcy High
Shiloh Christian
Springdale High
Springdale Har-Ber High
Union Christian Academy
Valley View High
Van Buren High

PARTICIPATING COLLEGES

Ouachita Baptist College
Central Baptist College



2011 High School Tournament will subscribe to Trackwrestling.com

(Your Organization Can Too!)

Trackwrestling.com began as an online website tool to help tournament managers seed wrestling events, but has since grown to do much more. The site now guides tournament managers through each step of running a wrestling event and allows fans not in attendance to view results online and in real-time as each new bout sheet is entered. Whatever your tournament type, open or pre-defined, freestyle or greco, line bracketing or vertical pairing, youth to collegiate, Trackwrestling can be tailored to meet your needs.

Trackwrestling can customize features allowing each manager to tailor the site to their unique brackets and scoring systems. Participating teams enter their line-ups online. On tournament day, Trackwrestling generates bout sheets, brackets, and much more to ease the workload of tournament staff. Post-tournament, tournament managers can also take advantage of many additional features such as auto emailing results to media. Trackwrestling includes posting dual meet results online and selecting 'fantasy wrestling teams' for upcoming events.

The goal of Trackwrestling is to make the sport of wrestling better for everyone involved. They have created a system that allows them to track your results throughout all the events on Trackwrestling. All you have to do is create a Trackwrestling profile, and your name is linked from the brackets to your profile so people can easily see all of your accomplishments. You will also show up in the ranking system based on your performance in those events.

After creating the profile you will be assigned a Trackwrestling ID number that will stick with you for life. It can be presented at tournaments using Trackwrestling to get all your information entered quickly and accurately. This number can also be used during pre-registration to auto-fill most of the registration form.

The cost is \$200 to use Trackwrestling for tournaments. To order or for more information- Contact: Justin Tritz justin@trackwrestling.com or Kevin Tritz at kevin@trackwrestling.com (608)554-1501 8am-6pm C.S.T.



DEADLINE FOR ROSTER SEEDING HIGH NOON THURSDAY, FEBRUARY 17, 2011

Seeding will be based on the information we receive. Changes due to injury may be made if submitted by 10am Monday, February 21, 2011.

If a wrestler is injured after this date, each wrestler on the team will be moved up one place and the late seeded wrestler will take the last position.

Brackets will not change if a wrestler does not make weight.
Coaches please send correct spelling of wrestler's names!



All State Wrestlers

In order to be an All State wrestler for the 2010-2011 season you must finish in the top 3 places at the High School State Tournament. The Arkansas Activities Association will continue to award medal winners six deep, but to be named an All State Wrestler you must finish in the top 3 in the 1A – 5A division or the 6A-7A division.

32 State Tournament Qualifiers 32

The AAA's wrestling committee determined that until we have more than 32 teams in a division there will be no qualifiers for the State Tournament. Once we have over 32 teams in a division, for example, 1A-5A or 6A – 7A we will start having State Tournament qualifiers like other states.



Seeding process for the State Tournament

The seeding process for the State Tournament will be similar to the way it's been in the past. There will be a seeding Conference Call on the Monday prior to the High School State Tournament, which will be Monday, February 21st, 2011. Coaches in the 1A-5A division will have their conference call from 8:00 – 9:00 p.m. and coaches in the 6A-7A division will have their conference call from 9:00 – 10:00 p.m. The coaches will determine the seeding order. Should two wrestlers have Outstanding records then the winner in a head to head match-up would be the first criteria. Should the wrestlers have split their matches during the season with each winning the same number of times then the most recent winner would receive the higher seed. In a situation where a wrestler has wrestled three times or an odd number the wrestler who won the most matches would be the higher seed. One new element that will be added to the seeding meeting process is that each coach will receive a list of all wrestlers who are entered in the weight class so that they can see the entire slate of wrestlers in that weight bracket to help them better see the weight class and any good wrestlers who may have come out late during the season or dropped a weight class.



Recommended Officials Fees

The AAA wrestling committee recommended that officials be paid \$100 for a dual meet and \$200 for working a tournament. Officiating fees are up to each individual school, but these are simply guidelines. Another thought process is when a school is wrestling a junior varsity and varsity match together or just simply allows wrestlers to have multiple matches in a dual meet that it might be appropriate to pay the official \$4.00 per match. For the High School State Tournament the AAA will pay the officials \$250 per day and this will include their travel expenses.

Getting Your Wrestlers Assessed for Hydration and Body Fat Percentage

All wrestlers have to be assessed before they can wrestle their first match of the season. **The last day to assess a wrestler is February 1, 2011.** Assessment costs are \$7.00 per wrestler. Go to the Arkansas Wrestling website at www.arkwrestling.com, click on Hydration Testing to find an assessor in your area. You can also call Mark Haynes at mhaynes@rps.k12.ar.us or (479) 336-8281 in Northwest Arkansas and Kristi Mann at kristi.mann@lrsd.org or (501) 804-0457 or Keith Almond at kalmond@cacmustangs.org or (501) 472-5629 in Central Arkansas to schedule assessments.



SPONSOR A WEIGHT CLASS FOR \$100

Advertise your company or support your wrestler by sponsoring a page in the 2011 High School Tournament bracket book! Contact Mollie Birch for details.
mollie@hatcheragency.com 501-375-3737



State Tournament Brackets

The State Tournament brackets will all be run on a 32 man bracket format. Should a weight class only have four wrestlers they will simply be moved to the semi-finals and so on.

Weigh Ins for the High School State Tournament

Arkansas will abide by the National Federation of State High School Association wrestling rules in regard to weigh ins. Once weigh ins start wrestlers will not be allowed to participate in any activities to try to lose weight and will not be allowed to leave the weigh in area. We will have scales available prior to the official weigh in where wrestlers can check their weight. It's highly encouraged that all wrestlers be on weight before they get to the weigh ins. Coaches simply don't want to bring their wrestlers in at the last second without the opportunity to check weight prior to weigh ins. There will be a separate weigh in for girls who are wrestling and these competitors simply need to see the officials who will be running weigh ins to find their weigh in location. Weigh-ins will be conducted by officials.



Wrestling Season's Beginning and End Dates

Wrestling season will begin in Arkansas November 15, 2010 and shall end after the State Championship on Saturday, February 26th, 2011. Schools are limited to 18 dates for wrestling. A date includes a day that you are wrestling. In other words, if you enter a two day tournament that's two dates. A one day tournament is one date. A dual meet is one date.



All Athletic Directors & Superintendents

The Arkansas Wrestling Association and the Arkansas Activities Association would like to invite all Superintendents and Athletic Directors to attend the 2011 State Wrestling Tournament to be held at Stephens Arena on the campus of UALR on Friday, February 25th and Saturday, February 26th. Your Arkansas Activities Association pass will get you into the event free. We would love for you to join us and see the benefits of high school wrestling and hopefully add to your school. I've enclosed a flyer on what it takes to start a wrestling program to help you become more acquainted. If I can ever help you get a program started please don't hesitate to give me a call on my cell phone at 501-517-4734 or you can email me at greg@hatcheragency.com.



GREAT RATE FOR THE 2011 STATE TOURNAMENT!

The Hilton Little Rock Metro Center at 925 South University Ave. in Little Rock will be our Host Hotel for the State High School Wrestling Tournament Feb. 25-26th, 2011 Reservations 501-6645020

DIRECTIONS

RATE \$69.00

Do high school wrestlers receive 2 pound weight allowance after the holidays?

High school students in the United States competing in scholastic wrestling do in the following 14 weight classes set by the National Federation of State High School Associations (NFHS):

- 103 lb
- 112 lb
- 119 lb
- 125 lb
- 130 lb
- 135 lb
- 140 lb
- 145 lb
- 152 lb
- 160 lb
- 171 lb
- 189 lb
- 215 lb
- 285 lb



Wrestling Rules for 2010-2011

Please go to the Arkansas Athletic Association website and click on Wrestling to find Wrestling Rules for this season. You will also find a listing of all schools who are participating in wrestling this year and information on how to keep skin infections to a minimum, information on weight management and assessments. Along with physician release forms for wrestlers to participate with a skin lesion.

2010-2011 NFHS Wrestling Rules Change

Major Changes

4-5-7

Male and female contestants will now be required to wear a suitable undergarment during weigh-ins.

5-20-5 NOTE

The NOTE to Rule 5-20-5 was deleted for the 2010-2011 season.

5-20-9

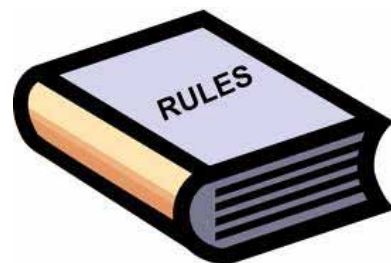
The offensive starting position rule was revised.

7-1-5x (New)

Rear-standing, double-knee kickback was added to the list of illegal holds/maneuvers.

8-2-4

Concussion rule revised.



January

“Conway Wampus Cat Invitational Team Tournament” Saturday, January 29, 2011

Tournament is limited to 18 Teams Conway High School Buzz Bolding Arena Conway, AR
Conway High School would also like to schedule opponents for the following date

- January 18, 2011 (Away)
- January 20, 2011 at Conway-JV Duals-open to any non-varsity competitors.
- February 1, 2011 (Away)

Contact: **Ray Sessions** at sessionr@conwayschools.net or 501-681-4917 to schedule a match and tournament information.



CAC Wrestling Tournament

Friday-Saturday, January 21st and 22nd, 2011

Contact: **Keith Almond** (501) 758-3160, ext. 191 Cell Phone: (501) 472-5629 Email: kalmond@cacmustangs.org
Central Arkansas Christian
North Little Rock, AR



February



The Mountain Home Bombers Pool Play Team Tournament on February 12, 2011

Contact: **Randy Barnhill** at rbarnhill@mtnhome.k12.ar.us for further information. Cost is \$140 per team.
Mountain Home, AR

Bryant Wrestling Tournament Saturday, February 19th, 2011

Contact: **Coach Kel Denker** Email: denkerkl@aol.com
Bryant High School
Bryant, AR



Arkansas School for the Blind (ASB) February 12, 2011.

Contact **Principal Ken Fowler** 501-296-1810 for more information.
Little Rock, AR



The **Jonesboro Hurricanes** would like to schedule matches. Please contact **Chris Rousey** at chris.rousey@jonesboroschools.net to schedule matches with Jonesboro High School.





**4th ANNUAL FAYETTEVILLE INVITATIONAL
WRESTLING TOURNAMENT
Feb 5, 2011**

Fayetteville High School

1001 Stone St, Fayetteville, AR 72701

The tournament is limited to 16 teams and will be the last opportunity for head to head competition between east/west wrestlers before the conference tournaments and state tournament seeding.

Weigh-in: 7:00 am to 8:30 am (2lb allowance in effect)

Coaches meeting will follow weigh-ins in the hospitality room. Seeding will be determined at that time. Coaches will be given a cheat sheet on each weight class listing seeding information for bracketing

Wrestling rosters are to be emailed to Coach Gordon sgordo4147@att.net by 7:00 pm Thursday Feb 3, 2011.

Please include wrestler's records and accomplishments.

Wrestling will start at 9:30 am on 4 Mats

Awards: Medals will be given to the top four place winners in each bracket. The top three placing teams will each receive an award and we will recognize the outstanding wrestler in the lower, middle and upper weights.

Concessions will be available on site and coaches will have access to a hospitality room.

Quad at CAC Saturday, February 19th, 2011

Weigh In 8:00 A.M. Wrestle at 9:00 A.M.

Team A v. Team B on Mat 1

Team C v. Team D on Mat 2

Then

Team A v. Team C on Mat 1

Team B v. Team D on Mat 2

Then

Team A v. Team D on Mat 1

Team C v. Team B on Mat 2

Cost to teams is only to cover the cost of officials

If interested please contact:

Keith Almond

kalmond@cacmustangs.org

501-472-5629



College Wrestling!

Central Baptist College Wrestling Team

Hosts

Mustang Open

Saturday Jan. 29, 2011

Don Owens Sports Center

Location: 10 Lower Ridge Rd.,

Conway, AR 72032

Wrestling begins at 9am

\$5.00 Adults

\$2.00 children 7 and up

CBC students, facility and staff free with valid CBC I.D

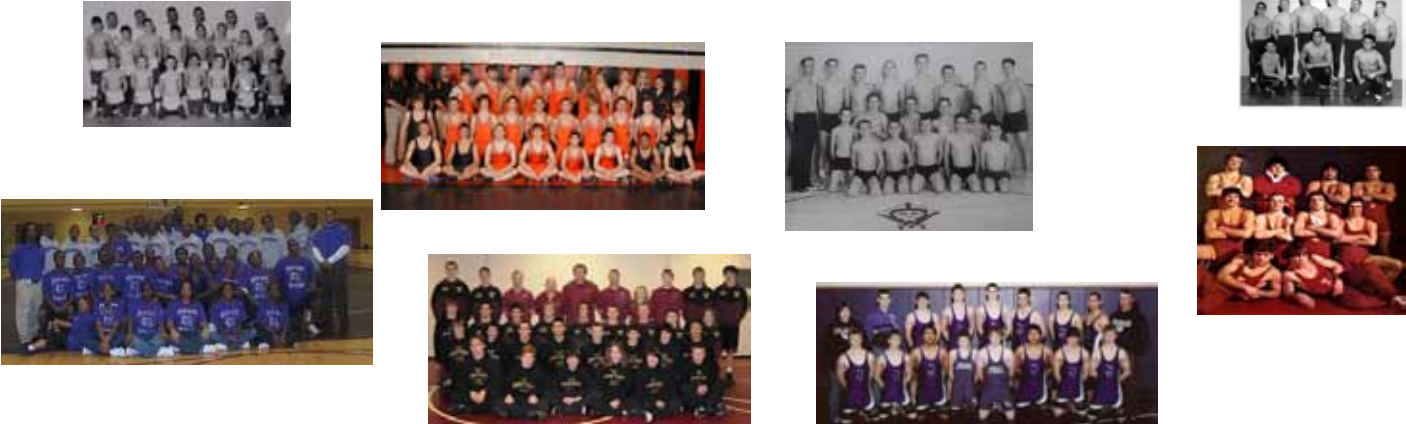
Coach Ken Prophete At 501.329.6872 ext. 165



Look at our Sponsors so far for the
2011 High School State Wrestling Tournament
(February 25-26, 2011)



We need all team photos for the 2011 State Tournament program turned in no later than January 31, 2011 (the first coach's meeting) to meet print deadlines!
Please email Mollie Birch at mollie@hatcheragency.com to purchase ads for the 2011 State Tournament Program.



Please email Shannon Wooley at shannon@hatcheragency.com to update your contact information and to announce tournaments your school will be hosting.