

LAGUNA HILLS HIGH SCHOOL  
25401 PASEO DE VALENCIA, LAGUNA HILLS, CA 92653  
cliffjarmie@gmail.com  
(714) 642-4178 cell

## **LAGUNA HILLS HIGH SCHOOL FRESHMAN GIRLS TOURNAMENT**

**PLACE** Laguna Hills High School

**DATE** November 26, 2022

**THIS TOURNAMENT IS FOR FRESHMAN GIRLS WHO JUST STARTED WRESTLING THIS YEAR. NO CLUB OR OTHER EXPERIENCE. NO EXCEPTIONS, PLEASE! LET'S MAKE THIS A GOOD, COMPETITIVE TOURNAMENT FOR FIRST-YEAR FRESHMAN GIRLS!**

**WEIGH-INS** 7:00-8:00 AM in the small gym. Wrestlers will be checked for skin disorders at weigh-ins. **Tournament director has final authority regarding skin disorders.** If your wrestlers have ringworm, impetigo, etc., please leave them home.

**WEIGHT CLASSES** No weight classes. Girls will weigh in so we know where to pool them. All girls must be weighed in by 8:00 AM so we can start pooling.

**FORMAT** We will do 3, 4, 5 man pools OR 8 man brackets so everyone gets lots of matches.  
Matches will be 1-1-1 in length.

**WRESTLING** Wrestling will be mixed in with the freshman boys tournament. We will wrestle straight through until finished.

**WRESTLING BEGINS** approx. 10:00 AM for the girls. (Boys start at 9:30)

**WRESTLERS** You can bring girls that are the same weight or close to the same weight. We will try to separate them into different pools.

**AWARDS** Individual medals 1st, 2nd

**ENTRY FEE** \$300 per team (or \$30 per girl, pay at weigh ins). Please pay team entry before Dec. 1, 2021. Make checks payable to Laguna Hills Wrestling.

**CONCESSIONS** A full concession stand will be available throughout the tournament for your convenience.

**CONTRACTS** Please complete and return the contract ASAP (email to [cliffjarmie@gmail.com](mailto:cliffjarmie@gmail.com) is best)

**CONTACT** CLIFF JARMIE (714) 642-4178 (cell)  
Please do not hesitate to call if you have any questions.

