



SCHALMONT SABRE DUALS

DATE: Saturday, December 17th, 2022

FORMAT: There will be one pool of six teams. You will wrestle 5 duals against each team for a place finish. We will wrestle on 3 mats all day. When the round is completely finished, we will have the teams find the right mat and get ready for the next round. We will wrestle 3 rounds, take a lunch break, and then complete the final two rounds. Tie-Breakers for team finish will be handed out at the coach's meeting before the tournament starts.

TEAMS: Schalmont, Lansingburgh, Albany, Holland Patent(Sec. 3) and Maple Hill

AWARDS: **Team Awards:** 1st Place: Plaque
2nd Place: Plaque
Individual Awards: MOW for lightweights and heavyweights voted on by the coaches.

COST: \$350 check made out to the "SCHALMONT WRESTLING BOOSTER CLUB". Please bring this check with you Saturday morning at weigh-ins instead of mailing it in. Thanks!

TIME: Weigh-Ins: 7:30AM – 8:30AM *Breakfast 7:30AM – 9:30AM
Coaches Meeting: 9:00AM – 9:15AM
First Round or wrestling will start at 9:30AM on all mats.
The following rounds will begin once all matches have been completed in the prior round.

FACILITIES: Our booster club will be selling breakfast, lunch, and dinner throughout the duration of the day. Please encourage your wrestlers to eat here. Showers are available for the wrestlers but locker space is limited. Please make sure your wrestlers have their bags in a safe location at all times during the tournament. Helping us keep the facilities clean is greatly appreciated.

If you need any further information on this, please feel free to contact me!

Head Coach: Rick DuFresne (518) 362-6481 dufresnerick@gmail.com