

# Information to Coaches & Athletic Directors

## 2024 VISAA Wrestling State Championships

VISAA is proud to host the 53<sup>rd</sup> VISAA Wrestling State Championships. Please read the following information and share it with your parents, wrestlers, and staff.

**DATES:** Fri & Sat, February 16 & 17

**SITE:** The Potomac School, 1301 Potomac School Road, McLean, VA, 22101

**Athletic Facility:** Spangler Center

**FOLLOW US ON THE INTERNET:** Tournament information and updates can be viewed on internet at Track Wrestling.com Search for: VISAA State Wrestling Tournament 2024

### CONTACT INFORMATION:

General Information: Tim Donahue, Director of Tournament

Cell: 804-837-8051 E-mail: [donahuetj1@gmail.com](mailto:donahuetj1@gmail.com)

Seeding Information: David Yost – VISAA Wrestling Chair

Cell: 540-270-1335

E-mail: [dyost@benedictinecollegeprep.org](mailto:dyost@benedictinecollegeprep.org)

Track Wrestling Manager: Tom Riley (Report all changes to your lineup to Tom)

Cell: 601-804-7416

E-mail: [tmr.cad119@gmail.com](mailto:tmr.cad119@gmail.com)

**HOST HOTELS:** Special rates for VISAA teams and fans. When you make your reservation make sure you reference the 2024 VISAA State Wrestling Tournament for your discount.

Courtyard by Marriott Tysons, McLean (rate \$95 taxes not included), 1960 Chain Bridge Road, McLean VA

[Book your group rate for 2024 VISAA HS Wrestling Championship](#)

DoubleTree by Hilton, McClean Tysons (rate \$80 taxes not included), 1960 Chain Bridge Road, McLean, VA.

[Book Now! 2024 VISAA HS Wrestling Championships-Room Block at DoubleTree Tysons McLean](#)

**HOSPITALITY:** A hospitality area will be provided for coaches and officials directed by The Potomac School (POC) parentboosters. We ask all other team parents to help chip in and provide goodies to supplement what the POC parents provide. Contact: Isabelle Cohen [icohen@potomacschool.org](mailto:icohen@potomacschool.org) (571)550-1104)

**SPACE FOR TEAMS:** There will be space available for teams to put your coolers & food on. Yes, teams can bring food into the facility. **Bring your own folding table.**

**SHOWERS & LOCKER ROOMS AVAILABLE**

## Schedule of Events

### Friday, February 16th

**1:00 pm** - Weigh-ins (by team) at The Potomac School & Skin Checks & Doors Open to public for tickets sales.

Two (2) pounds over scratch weight if wrestler has met NWCA guidelines. Each team must produce an NWCA-generated weigh-in sheet that reflects the most recent weigh-in. Please have your wrestler have had their nails cut and in possession of any necessary VHSL skin clearance forms (a doctor's note alone is not sufficient). The VHSL skin clearance form must be the most current Wrestling Skin Lesion Form.

**Mouthguards for braces are mandatory at weigh-ins.**

**3:00 pm** - Wrestling begins in this order and will be continuous. The # of matches below is estimated (from previous years).

- Championship Round 1 (round of 32) on 5 mats (Approx. 40 matches)
- Consolation Round 1 – most likely all byes (0 matches last tournament)
- Championship Round 2 (round of 16) on 5 mats (Approx. 108 matches)
- Consolation Round 2 on 5 mats (Approx. 40 matches)
- Championship Quarterfinals on 5 mats (56 matches)
- Consolation Round 3 on 5 mats (56 matches)

Times are approximate; any adjustments will be made over the public address system during the tournament.
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### Saturday, February 17<sup>th</sup>

**8:00 am** Weigh-ins (by weight class) & Skin Checks (1 additional pound)

**9:30 am** Wrestling continues in this order:

- Consolation Round 4 on 4 mats (56 matches)
- Championship Semi-Finals on 2 mats (28 matches) and Consolation Round 5 on 3 mats (28 matches) running concurrently.
- Consolation Round 6 (Consolation Semi-Finals) on 4 mats (28 matches)
- Placement matches (3<sup>rd</sup> – 7<sup>th</sup>) matches run concurrently on 4 mats.
- Championship matches (1<sup>st</sup> and 2<sup>nd</sup>) one mat.
- Awards. Wrestlers placing 1-8 are to wear a warmup or top identifying their school for podium pictures. Awards schedule TBA. A picture of all the champions will be taken at the conclusion of the awards.

**CONCESSIONS:** Concession stand will be available.

**TICKETS & PASSES:** Please share this information with your parents/fans ahead of time.

Players, coaches, cheerleaders, school administrators and families of coaches involved in the contest will be admitted free but other school personnel, etc. will not be allowed in on passes. All other school personnel, faculty, students etc. and spectators must pay admission.

- **\$10.00 one day admission or \$20 for two-day tournament pass (for anyone over six years of age)**
- **\$30.00 Family Rate Daily Admission to each day events (2 adults plus children)**
- **The tournament is a two-day event.**

**GoFan:** For convenience, please purchase tickets online via **GoFan**. Here is the link:

<https://gofan.co/app/school/VISAA>

**Coaching & team passes:** Each coach will receive a packet containing three (3) coaching VIP wristbands and four (4) other wristbands good for the entire tournament that the coach may hand out at his discretion to managers, scorekeepers, video people, or other team personnel. All passes are WRISTBANDS and MUST BE WORN ON ONE'S WRIST to be admitted (especially for readmission on Saturday). **Do not fasten them to clothing, purses, etc.** Please comply with this request. Wrestlers who are entered in the tournament and are in uniform do not need a pass. If a wrestler is knocked out of the tournament Friday night and will not be in uniform Saturday see the tournament staff at the head table to get a pass for the next day.

**FORMAT:** This is a 32-man or 16-man, double-elimination tournament following National Federation Rules. We will be using Track Wrestling and using a paperless computer system at each mat. Tom Riley of VA/USA wrestling will coordinate and oversee the match making and team scoring system via Track Wrestling.

**COST:** Tournament fee is \$400 for a full team (10-14 wrestlers) or \$40 per entry if a team has 9 or fewer entries. VISAA will bill the schools at the conclusion of the tournament.

## OFFICIAL ENTRY & REGISTRATION PROCEDURES

We will be utilizing *Track Wrestling*. *Track* is an online wrestling tournament management program. A username and password has already been sent to each coach by the Tom Riley (Track Manager). If you have not received one, contact him at Cell: 601-804-7416 or E-mail: [tmr.cad119@gmail.com](mailto:tmr.cad119@gmail.com)

**IMPORTANT!** All entries into the state tournament must be entered into the NWCA system by Tuesday, February 13 at 11:59 PM. *Weigh-ins after Tuesday, Feb 13 shall not be considered as grounds for reclassifying a wrestler into a lower weight class for the state tournament.*

**STEP 1** – Entering your line up Track. **EACH COACH DOES THIS BY 6 PM WED EVENING FEB 14.**  
**Initial Sign In.** Any problems/questions with Track contact Tom Riley (cell: Cell: 601-804-7416  
E-mail: [tmr.cad119@gmail.com](mailto:tmr.cad119@gmail.com)

- 1) Log onto **Track Wrestling.com**
- 2) Click on the **SEARCH** button and in the Event Name box type **VISAA** and in the State box use the pull down tab and click on **Virginia** then click **SEARCH**
- 3) **VISAA State Wrestling Tournament 2023** will appear. Click on it.
- 4) In **Select your user type** use the pull down bar to highlight **Statistician**. A “statistician” is anyone such as a coach, asst. coach, etc. who will have access to your line-up (entering/deleting) and providing information such as record, and head-to-head results needed for seeding.
- 5) Enter your Username and Password sent to you (self-generated by Track; or contact Tom). It may be the same username and password from last year’s tournament. You can change this if you want.
- 6) You’re in! And, for most teams, Tom may have uploaded your complete team rosters from the NWCA database. If not, you’ll have to enter your line-up manually.

### Participant Information

- You can change the names of your wrestlers if you need to. To do this, change the first and last name of the wrestler and click **SAVE PARTICIPANT**. To delete a wrestler without a name change, simply

click **DELETE PARTICIPANT**. Remember to enter only ONE wrestler per weight class! Don't enter any alternates. One wrestler per weight.

- Be sure to check that all of your wrestlers are in the **correct weight class** and have the **correct grade listed**.
- Enter your most up to date record for each wrestler and make sure that under SCORING WRESTLER "Yes" is listed.
- Once all the information is correct, please click **SAVE PARTICIPANT**.

### Seeding Information

- Click on **CRITERIA VALUES** and be sure to enter as much information as possible. If you do not enter any criteria values, your wrestler may or may not get seeded.

### Head to Head Matchups

- Click on **HEAD to HEAD**. All of the wrestlers in the weight class will be listed. If your wrestler has beaten another wrestler in the weight class, click on his name (even if your wrestler has split head to head matches).

**SEEDING MEETING** will be held by the Executive Committee via conference call **Wednesday evening, February 14**. David Yost (VISAA Wrestling Chair) will notify committee members of time and details. **Thus, it is important coaches enter wrestlers' records and head-to-head information into Track Wrestling no later than 6:00 PM Wednesday evening Feb 14. Track Wrestling seeding criteria will do the initial seeding and committee members will adjust as necessary.** Seeding will be available to all coaches and public after the seeding meeting. If coaches have any questions or concerns about the seeding notify your Regional Representative.

### **STEP 2. NWCA verification and SEEDING information.**

**By 11:59 PM on Tuesday, Feb 13, e-mail an NWCA-generated weigh-in sheet and record sheets to David Yost AND your regional representative.** This weigh-in sheet must reflect the most recent weigh-in as stipulated by rules. The regional reps are:

VISAA Wrestling Chair: David Yost, Benedictine	
Northern Region Rep Mike Eastman (Paul VI) Cell – 973-600-9340 Email - <a href="mailto:meastman@pvipanther.net">meastman@pvipanther.net</a>	Central Region Rep Andy Stone (Collegiate) Cell – 804-385-3915 Email - <a href="mailto:astone@collegiate-va.org">astone@collegiate-va.org</a>
Eastern Region Rep Chris Runzo Cell – 757-696-3606 Email: <a href="mailto:crunzo@norfolkacademy.org">crunzo@norfolkacademy.org</a>	Western Region Rep Josh Palumbo (Grace Christian) Cell – 540-470-7597 Email - <a href="mailto:joshpalumb@gmail.com">joshpalumb@gmail.com</a>

**NWCA WEIGHT ALLOWANCE RULES:** In order to be eligible for VISAA tournament, each wrestler must be certified under the National prep guidelines: (<http://www.natprepwestling.com/Preps/2010NatPrepWtManagement.pdf>).

To be specific, a wrestler must be entered in the NWCA weight management program system and comply with the minimum weight class allowed (see Rule 10). Coaches are expected to e-mail and bring a weigh-in sheet generated by the NWCA website which certifies each wrestler's eligibility based on their most recent weigh-in. The weight for Friday will be scratch + 2 and the weight for Saturday will be scratch + 3.

**SKIN CHECKS & SKIN CONDITIONS:** Wrestlers should present themselves well groomed, nails cut and clean shaven at weigh-ins. Thorough skin checks will be done at Friday's weigh-in and again on Saturday.. It is very important that wrestlers with any questionable skin conditions have the proper medical clearance forms immediately available. **Coaches should thoroughly check each wrestler prior to coming to the tournament for any possible skin conditions and have in-hand written documentation from a medical doctor addressing any and all skin conditions.** We will follow *NFHS Rules 4-2-3, 4-2-4* which states:

*"ART.3.....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, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately."*

Costs prohibit VISAA from having a physician present during skin checks. If there is a questionable skin condition, the wrestler will be referred to the head trainer who will consult with the head official and make a final ruling on the situation. As a certified and designated on-site meet appropriate health-care professional, the trainer is granted the authority by NFHS and VHSL to rule on skin conditions; and, if necessary, overrule documentation from a physician regarding skin conditions. Understand that simply being in possession of a skin clearance form in and of itself may not be sufficient to allow wrestler to participate as said skin condition could have gotten worse since obtaining his clearance form from his physician. If in the opinion of the head trainer, a wrestler's skin condition on the day of the tournament represents a danger to other participants, that wrestler will not be allowed to participate. **This decision will be made during or after weigh-ins and there will be no additional time allowed to visit an area health care provider to secure documentation.** The bottom line is the wrestler, and his coach should have the proper VHSL skin form present on hand during weigh-ins and make sure that the dates on the form designating when the wrestler is allowed to compete are not in conflict with the date of the tournament; and, that the skin condition has not gotten worse since the documentation was written.

**SKIN CHECK FORMS:** The following site has the proper skin check form. Please go to the site and download what you need. <http://www.vhsl.org/skinlesionform.pdf>

**DISPUTES.** All disputes and challenges shall be handled at the mat before the wrestlers have left the mat. If necessary, the head tournament official will consult with the mat officials and assist in the final decision.

**COACHES PRESENT AT MATSIDE & LOCATING ON-DECK WRESTLERS:** Our policy is to do everything we can to ensure that a wrestler has a coach or his designee in the corner during a match. While we will communicate this to the officials, *it is up to the coaches and wrestlers to make sure this policy is implemented.* If a school has a small number of coaches, it is important to enlist the aid of parents and teammates to be aware of when and where wrestlers are competing and to communicate this information to the head coach. This is an especially important strategy in a venue that has multiple mats. Table workers and officials will accommodate this request by simply postponing a match until a coach (or designee) can arrive to coach the wrestler. Coaches should discuss this with their wrestlers to make certain this does not happen. Likewise, if a match is postponed, the on-deck wrestler must be given adequate time and notice to prepare for his competition. Coaches and wrestlers should not be outside the competition area or anywhere (in their car, at a restaurant, out taking a walk, etc.) where they cannot hear the PA announcements. We will make every effort to communicate via the microphone, but we cannot be responsible if the coach/wrestler is outside the range of

the public address system. *If a wrestler misses his on-deck call beyond repeated PA announcements paging him and the five-minute grace period has elapsed he shall forfeit his next match.*

**MATS:** 5 mats will be used the first few rounds of the tournament and we'll cut back accordingly the second day.

**PARKING:** Plenty of free parking.

**AWARDS:** The top 8 places in each weight class will receive medals and will be honored on the award podium. Team trophies are given to the top 6 placing teams. Special recognition awards (plaques) will be given for exemplary performance for Mid-Size and Small-Size schools (see division breakdown by enrollment on next page). Per VISAA policy, these recognition awards do not constitute separate state championships based on school size. Their intent is to acknowledge exemplary performance for schools with smaller enrollments. Outstanding Wrestler Awards are given to three wrestlers representing the following divisions: Lightweights (106-132), Middleweights (138-160) and Upperweights (170-285). An award plaque is also given to the wrestler with the Most Falls in Least Time. Coaches will also vote on two additional award plaques: Coach of the Year and Team Sportsmanship Award.

**THE SPECIAL RECOGNITION AWARDS for school sizes will be based on the following enrollment of of boys in respective schools. Figures provided by VISAA for the current year.**

**2023 VISAA WRESTLING TOURNAMENT DIVISIONS – To be updated**

**DIVISION 1: (200 & above)**

<u>Boys</u>	<u>School</u>
290	Benedictine College Prep
385	Bishop Ireton
579	Bishop O'Connell
227	Catholic High School
291	Collegiate School
236	Episcopal High School
221	Fork Union Military Academy
244	Norfolk Academy
640	Paul VI High School
309	St. John Paul the Great
228	Potomac School
372	St. Christopher's School
251	St. Stephen's & St. Agnes
401	Woodberry Forest

**DIVISION 2: (100-199)**

<u>Boys</u>	<u>School</u>
192	Cape Henry Collegiate
157	Blue Ridge School
108	Hargrave Military Academy
121	Norfolk Collegiate
132	Peninsula Catholic
143	Randolph-Macon
125	Virginia Episcopal
129	Atlantic Shores Christian
112	The Covenant School
125	Fishburne Military School
101	Norfolk Christian

**DIVISION 3: (99 & below)**

<u>Boys</u>	<u>School</u>
55	Broadwater Academy
53	Grace Christian School
99	Greenbrier Christian Academy
47	Oak Hill Academy
77	Roanoke Catholic

**PROGRAM PICTURES & INFORMATION: DEADLINE SUNDAY FEB 4**

Please take a minute to have your assistant, manager or one of your parents to take a team picture for our program. ONE TEAM PICTURE (only) per school. We need the picture to be in a **JPEG FILE**. Insert the picture onto a Word Document, provide a caption with the wrestler's names (L-R) and send the document to Tim Donahue at [donahuetj1@gmail.com](mailto:donahuetj1@gmail.com)

**Sample & Format for Team Photo for the program:**

**REMINDER: PHOTO NEEDS TO BE JPEG FILE**

# Randolph Macon Academy Yellowjackets



**Kneeling (L to R):**

Robert Knight, Ahmed Hasanka, Sulaiman Wardak, AJ Sullivan, Edward Fedzer

**Standing (L to R):** Coach Sullivan, Ben Kopjanski, Godfrey Delaney, Alan Williams, Jon Bunker, Henry Scott, J.J. Banek-Gabelle, James Ross, Coach Jordan, Payton Sullivan