

TO: WDA Athletic Directors & Wrestling Coaches  
FROM: Jim Roaldson, West Region Tournament Manager  
DATE: January 31, 2012  
SUBJECT: West Region Wrestling Tournament

Jamestown is excited to be hosting the West Region Wrestling Tournament at Jamestown High School on Saturday, February 11, 2012

You will find the enclosed items:

- ◆ Tournament program information sheet
- ◆ Coach of the Year Ballot (COTY)
- ◆ Outstanding Sr. Wrestler nomination form
- ◆ Time schedule for West Region Tournament
- ◆ Coaches Meeting/Seeding Review Agenda

Please note the due dates for the various forms.

Team Pictures & Cut-Lines will be taken from NDHSAA website on Monday, February 6<sup>th</sup>.

Please email a picture of head coach to: [jim.roaldson@sendit.nodak.edu](mailto:jim.roaldson@sendit.nodak.edu) also by Monday, February 6<sup>th</sup>.

## 2011-2012 West Region Wrestling Tournament Program Information

Please email this information to: (linda.roaldson@sendit.nodak.edu) no later than Monday, February 6, 2012.

School \_\_\_\_\_

Superintendent \_\_\_\_\_

Principal \_\_\_\_\_

Athletic Director \_\_\_\_\_

Head Coach \_\_\_\_\_

Assistant Coaches \_\_\_\_\_

\_\_\_\_\_

Trainers \_\_\_\_\_

Managers \_\_\_\_\_

Cheerleaders \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cheer Advisor \_\_\_\_\_

School Colors \_\_\_\_\_

School Song \_\_\_\_\_

## 2011-2012 West Region Wrestling Coach of the Year Ballot

The COTY must be a member of the NDHSCA (Coaches listed eligible as of 1-24-12 membership list)

Please circle your vote for the West Region COTY and sign below. Please bring to seeding meeting on Friday night, February 10<sup>th</sup>.

Bismarck High	Scott Knowlen
Bismarck Century	Jerald Lemar
Bismarck St. Mary's	Rick Mathern
Jamestown	Greg White
Mandan	Ben Beckler
Minot	Nolan Spooner
Turtle Mountain	Derrick Dixon
Williston	Chuck Michaelson

Coach: \_\_\_\_\_

School: \_\_\_\_\_

## 2011-2012 West Region “Outstanding Senior Wrestler” Award

### Timeline:

February 6th                      Nominations returned by email to: [linda.roaldson@sendit.nodak.edu](mailto:linda.roaldson@sendit.nodak.edu)  
February 10<sup>th</sup>                    Vote for top 2  
February 11<sup>th</sup>                    Vote for 1 of top 2

### Nomination guidelines:

- ♦ **Be a senior in good standing.**
- ♦ **Be nominated by a West Region high school wrestling coach.**
- ♦ **Display exceptional wrestling skills during the season of his nomination.**
- ♦ **Display exceptional sportsmanship during the season of his nomination.**
- ♦ **Display leadership qualities during the season of his nomination.**

### Nomination:

Name \_\_\_\_\_ School \_\_\_\_\_

Weight Class: \_\_\_\_\_

Information about nominee (stats, attributes, records, etc.)

Coach \_\_\_\_\_

Phone # (h) \_\_\_\_\_ (w) \_\_\_\_\_ (fax) \_\_\_\_\_

## West Region Wrestling Tournament Line-Up Form

Email to: [jim.roaldson@sendit.nodak.edu](mailto:jim.roaldson@sendit.nodak.edu) by Wednesday, February 6<sup>th</sup> by 12:00 noon.

Weight	Name	Grade	Place in State 11/ wt class	Place in WDA 11/ wt class	Varsity Record 2007-present	Seed
106						
113						
120						
126						
132						
138						
145						
152						
160						
170						
182						
195						
220						
285						

**TO:** Athletic Directors & West Region Wrestling Coaches  
**FROM:** Jim Roaldson, Tournament Manager  
**DATE:** January 31, 2012  
**SUBJECT:** West Region Wrestling Tournament

Jamestown is looking forward to hosting the West Region Wrestling Tournament at Jamestown High School on February 11<sup>th</sup>. Good luck to all teams and we hope you enjoy the tournament.

**Awards:** Team 1<sup>st</sup> & 2<sup>nd</sup>, Individual 1-6 per weight class, COTY, Outstanding Senior Wrestler.

**Site:** Jamestown High School, Jerry Meyer Arena, 1509 10<sup>th</sup> St. NE, Jamestown, ND

**Bus Parking:** Buses should park in the Southeast Corner of the parking lot.

**Passes:** There will be no tournament passes given. Upon arrival at the meet site, wrestlers, trainers, managers, and cheerleaders will be stamped for entry identification. Coaches will be given an identification badge to wear.

**Care of Injuries:** An EMT will be available throughout the tournament.

**Checks & Weigh In:** Fingernail, hair & skin check will take place in the JHS Wrestling Room @ 7:00 AM with weigh-ins to follow @ 7:30 AM.

**Friday Practice:** 5:00-6:00 PM (2 teams) 6:00-7:00 PM (2 teams)  
7:00-8:00 PM (2 teams) 8:00-9:00 PM (2 teams)  
Please call to schedule in advance 952-4005.

**Locker Room:** Locker rooms are available, but valuables should not be kept in the locker room at Jamestown High School. We are not responsible for lost or stolen articles. If you are missing anything, please let the head table know as soon as possible.

**Cheerleaders:** There will be a dressing area available for the cheerleaders.

**Officials:** Justin DeCoteau (Bismarck), Randy Piatz (Bismarck), Rick Ripplinger (Bismarck), Dan White (Jamestown)

**Ticket Prices:** Adults: \$6.00  
Students: \$4.00

**Event Regulations:** The West Region Tournament will be conducted in accordance with rules and regulations outlined by the NDHSAA. A copy of the regulations is attached.

**Seeding & Meeting:** Information will be supplied by Mandy Antony (Spiekermeier) on how to enter athletes on-line. Friday, February 10<sup>th</sup>, at 6:30 PM in Room 117 at Jamestown High School brackets will be reviewed along with other information.

**\*\*\*There will also be a coaches meeting prior to wrestling on Saturday morning at 8:00 AM in Room 117\*\*\***

**Parade of Athletes:** Teams should assemble at 9:20 AM in the south hallway at the end of the gym.

**First Round:** 9:30 AM

**Championship/Awards:** Approximately 4:00 PM

**Post-Tournament Meeting:** There will be a meeting following the Finals & Awards to review West Region Seeding for State Tournament in Room 117.

If you have any further questions, please contact Jim Roaldson@ 952-4005

**Coaches Meeting  
Friday, February 10, 2007  
Jamestown High School  
Room 117 @ 6:30 PM**

**Agenda**

1. Review Seeding & Brackets of West Region Tournament
2. Vote for top 2 "Outstanding Senior Wrestler"
3. COTY
4. Weigh-in information
5. Coaches questions regarding tournament
6. WDA coaches meeting (advisory items, etc)  
*\*Lunch will be provided*

**West Region Wrestling Tournament Time Schedule**

7:00 AM	Fingernail, Hair & Skin Check
7:30 AM	Weigh In
8:00 AM	Coaches Meeting (Room 117)
9:30 AM	Round 1 (4 Mats) Round 1 Wrestle Backs & ¼ Finals (4 Mats) Round 2 Wrestle Backs (4 Mats) Semi Finals & Round 3 Wrestle Backs (3 Mats) Round 4 Wrestle Backs (3 Mats) 8 <sup>th</sup> Place Qualifier Round (3 Mats) Championship Round (3 Mats)
Approximately 6:00 PM	Post Tournament Coaches Meeting <i>*Review Seeding for State Tournament (Room 117)</i>