



# **HUDSON VALLEY DUAL TEAM**

Coach for dual team will be John Degl  
Free Clinic with Lou Ruggirello

- NCAA All-AMERICAN
- Gorrarian Award at NCAA Championships-most wins by fall in the fastest time
- High School National Champion
- Three-Time State Champion
- Second Team ASICS All American
- Wrestling USA All-Academic Team Selection



**When:** Friday, December 19, 2014

**Where:** SOMERS ARENA  
245 Route 100  
Somers, New York, 10589

**Start Time:** Wrestling will begin at 6:30 PM

**Weigh-Ins:** 5:30 PM – 6:00 PM (IF not checked in by 6:00 PM you will not be allowed to wrestle)  
Wrestlers MUST weigh-in in a singlet or fight shorts, parents will not be allowed in weigh-in room.

**Registration:** There is no charge this is a wrestle off for the dual team. Registration must be done on-line at [www.nyway.org](http://www.nyway.org) No later than Wednesday, December 17, 2014, 4:00 PM

**NO WALK-INS OR PHONE ENTRIES WILL BE ACCEPTED**

**Weight Classes:** 45, 50, 55, 60, 66, 72, 79, 87, 95, 102, 110, 120, HWT (135 max)  
NYWAY reserves the right to combine weight classes or wrestle a round robin format with 5 wrestles or less.  
No weight allowance, wrestlers must make weight or they will not wrestle.

**Rules:** Applicants must reside in the Section 1 and Section 9 Regions, No JV/V experience, N.Y.S. Modified High School rules, K-8<sup>th</sup> grades, Wrestlers can only participate in one division, Period Length: All Divisions (1-1-1), NFHS Overtime Rules Apply

**Admission:** FREE with paid NYWAY registration, this is a NYWAY State Sponsored Event

To get your NYWAY membership, visit the Membership section at [www.nyway.org](http://www.nyway.org). Head gear is encouraged, a singlet is mandatory. CERTIFIED OFFICIALS WILL BE UTILIZED

## **NYWAY KICK-OFF EVENT INFORMATION: JANUARY 3 & 4, 2015**

**DUAL TEAM TOURNAMENT:** Saturday, January 3, 2015. 9 am. Regional Directors will submit team names to Tournament Director. \$0.

**INDIVIDUAL TOURNAMENT:** Sunday, January 4. Starts @ 9am. Must register at [www.nyway.org](http://www.nyway.org). Find the event in *The Calendar* tab section on January 4. \$25.

**HOTEL ROOM BLOCK INFO:** NYWAY Room Blocks Available. Please see Regional Duals Flyer @[www.nyway.org](http://www.nyway.org).