



LITTLE FALLS 2nd ANNUAL ATTACK BANDZ TOURNAMENT

WHAT: GREAT FOR NOVICES! Attack bandz are the newest training tool in USA wrestling.

They were brought over from Russia and eastern European nations. They are a flag that goes around the wrestler's ankle. They help train for many techniques in our sport but keep it fun for young wrestlers. You will be amazed by the natural reactions and techniques your wrestlers use in an attack bandz match. LAST YEAR WAS A GREAT TIME WITH GREAT ATTENDANCE AND WE WERE OUT BY 1:00!

RULES: 3X 1 MINUTE PERIODS, get the opposing wrestler's flag and score 1 point. The most points at the end of 3 -1 minute periods, wins. TIME STOPS WHEN WRESTLER SCORES AND IN POTENTIALLY DANGEROUS SITUATIONS.

DATE AND TIME: SATURDAY, FEBRUARY 13, 2016. 10 AM – CHECK IN AT 9AM

PLACE: Little Falls High School

COST: \$15/ WRESTLER

ELIGIBILITY: ANY WRESTLER GRADE K-8

AWARDS: Trophies for all participants
1st – 4th place – four man groups

TO COACHES: PLEASE SEND A ROSTER OF KIDS ATTENDING FROM YOUR TEAM. INCLUDE WEIGHT, GRADE, AGE, AND YEARS OF EXPERIENCE. WRESTLER'S WILL BE PUT INTO 4 MAN GROUPS BY WEIGHT FIRST, EXPERIENCE SECOND, AGE THIRD. Please register by Feb 7th. If you do not receive an email confirming registration- please send email again.

PAYMENT WILL BE MADE DAY OF TOURNAMENT.
SEND ROSTER or WRESTLER INFO TO MARC VERRI-
TEXT: 723-8379

EMAIL: MVERRI@YAHOO.COM

DAY OF TOURNAMENT- FOUR MATCHES WILL BE GOING AT ONCE- 3 ROUNDS FOR EACH WRESTLER- NO PINS, NO NF2, NO NF3. GUARANTEED SWEAT AND LOTS OF MAT TIME .SHOULD BE A FUN DAY FOR ALL!