



**HyVee Hall
Des Moines, Iowa
APRIL 13 & 14, 2013**

...where the path begins

**LEE PAMULAK MIDDLE
SCHOOL NATIONAL DUALS**

WHO WILL BE THE 2013 #1 MIDDLE SCHOOL TEAM IN THE NATION?

IN 2012, The Ohio Grapplers - Scarlet Team Captured The Honors. Can The Ohio Grapplers Scarlet Team Survive The 2013 Challenge? Who Will Survive The 2013 Battle? Start Planning Now To Bring Your AAU District/State All-Star Team To This Outstanding Tournament. Each Team Will Be Guaranteed 7 Duals.

WHEN: April 12, 13 & 14, 2013
Weigh-ins:
Friday April 12, 2013
5:00 TO 8:00 PM at Simpson College
701 North C Street
Indianola, IA 50125

WHERE: April 13 & 14 - HyVee Hall, Des Moines, Iowa

WHO: Members Of Any Wrestling Organization Currently Enrolled In 6TH Through 8TH Grade. Maximum Age 15 (If You Turn 16 In 2013 You Are Ineligible). AAU Card And Copy Of Birth Certificate Required At Weigh-ins.
AAU CARDS CAN BE PURCHASED ON LINE AT www.aausports.org FOR \$14.00.
TEAMS WILL BE ALLOWED UP TO 3 WRESTLERS FROM ADJOINING AAU DISTRICT. PLEASE CONTACT KAREN WILSON AT kwilson424@yahoo.com FOR APPROVAL OF ANY WRESTLERS IN THIS CATEGORY TO MAKE SURE THEY MEET GUIDELINES. ALL OUT OF AAU DISTRICT WRESTLERS MUST BE APPROVED

FORMAT: Folkstyle, 7 Matches Minimum. All Matches 1 1/2- 1 1/2 - 1 1/2 minutes periods.
16 to 24 mats, as needed. Pool wrestling followed by team championship brackets.

AWARDS: AAU Championship medals for teams and individuals.
Team Trophies for 1st through 8th place plus consolation bracket champions.

TEAMS: 20 Weights, 5 Alternates, 3 Coaches, and 2 Workers

WGTS: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 250

COST: \$1000.00/ Team (1ST 40 Teams with intent to participate filed & deposit of \$200.00/Team Received by February 15, 2013 – Balance due April 2013.
\$100.00 Late fee for any additional teams or deposits received after February 15th or balance payments made after April 1, 2013

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION \$15.00, 2 DAY PASS \$20.00 ADULTS/ \$10.00 KIDS (Age 5-16)/Under 5 Free

MORE INFORMATION: CONTACT Ron Peterson AT 515-249-3586 OR E-MAIL AT: ron.peterson@kcsd.k12.ia.us

Hotel Information: Rooms are blocked under "AAU MIDDLE SCHOOL DUALS"

At the following Wrestling Friendly Host:

HOLIDAY INN/AIRPORT

6111 FLEUR DR, DES MOINES, IOWA

515 287 2400

1 800 248 4013

See additional attachment for more choices.

*****MAKE YOUR RESERVATIONS PRIOR TO 2/15/2013*****

HOSTED BY: IOWA AAU WRESTLING

2013 AAU LEE PAMULAK MIDDLE SCHOOL DUALS

APRIL 13 & 14, 2013

HyVee Hall C

Des Moines, IOWA

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

GENERAL INFORMATION

WEIGH IN: Friday April 12, 2013 5 – 8 PM Simpson College, 701 N. C Street, Indianola, Iowa 50125

All competitors have until the close of weigh-ins to make weight. **MUST MAKE SCRATCH WEIGHT. (NO SCALE ALLOWANCE)**

COMPETITION: ALL TEAMS WILL BE SEEDED IN TEAM POOLS BASED ON PAST FINISH BY TEAM. FIRST TIME TEAMS WILL BE RANDOMLY SEEDED. (SIZE OF POOLS WILL BE SUBJECT TO ADJUSTMENT BASED ON TOTAL NUMBER OF TEAMS ENTERED). AFTER POOL WRESTLING TEAMS WILL BE SEEDED INTO PRELIMINARY BRACKET BASED ON POOL PERFORMANCE AND THEN ON POINT DIFFERENTIAL IN TEAM SCORES. POOL CHAMPIONS WILL RECEIVE TOP SEEDS FOLLOWED BY POINT DIFFERENCE SEEDING. BASED ON THE NUMBER OF TEAMS ENTERED TEAMS WILL THEN MOVE TO EITHER CHAMPIONSHIP OR CONSOLATION BRACKETS. EVERY TEAM SHOULD WRESTLE A MINIMUM OF 7 DUAL MEETS. EVERY EFFORT WILL BE MADE TO MAKE SURE ALL ALTERNATES GET AS MANY EXHIBITION MATCHES AS POSSIBLE.

AWARDS: TOP 8 TEAMS WILL RECEIVE TEAM AWARDS. CONSOLATION BRACKET CHAMPIONS WILL ALSO RECEIVE TEAM AWARDS. NATIONAL CHAMPIONSHIP INDIVIDUAL MEDALS WILL BE AWARDED TO TEAM MEMBERS AND INDIVIDUALS.

INDIVIDUAL MEDAL CRITERIA: MINIMUM 6 MATCHES WRESTLED: NO LOSSES – GOLD, 1 LOSS – SILVER, 2 LOSSES – BRONZE AND 3 LOSSES – COPPER.

ELIGIBILITY: ALL WRESTLERS MUST BE ENROLLED 6TH THROUGH 8TH GRADES AND NOT TURN 16 IN 2012 TO BE ELIGIBLE. COACHES PLEASE MAKE SURE YOU HAVE FOLLOWING INFORMATION AVAILABLE FOR YOUR TEAM MEMBERS AT THE TOURNAMENT:

- CURRENT AAU CARD (AVAILABLE ONLINE AT www.aausports.org)
- COPY OF BIRTH RECORDS
- COPY OF REPORT CARD OR SCHOOL GRADE CERTIFICATION (ON SCHOOL LETTERHEAD)
- E-MAIL APPROVAL OF OUT OF AAU DISTRICT/STATE TEAM MEMBERS

ONLY 3 TEAM MEMBERS CAN BE FROM ADJOINING DISTRICT (ASSOCIATION)

ALL TEAMS MUST MEET AAU NATIONAL GUIDELINES AS STATED IN THE AAU NATIONAL CODE AS WELL AS MEET BOTH THE GRADE AND AGE REQUIREMENTS FOR THIS NATIONAL CHAMPIONSHIP. YOUR 3 ATHLETES FROM OUTSIDE YOUR AAU DISTRICT MUST RESIDE IN AN ADJOINING AAU DISTRICT.

HERE ARE THE CODE GUIDELINES:

4.3 Membership and Residency.

4.3.1 Adult members will not be bound by residence requirements.

4.3.2 Youth members must register in the District of their bona fide residency, except as follows:

4.3.2.1 A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.

4.3.2.2 A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.

4.3.2.3 A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.

4.3.3 Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.

BYLAW 6. ELIGIBILITY

6.1 A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer, softball and volleyball.]

QUESTIONS: CALL Ron Peterson at 515-249-3586 or E-MAIL ron.peterson@kcsd.k12.ia.us

2013 *Lee Pamulak* AAU Middle School National Duals

April 13 & 14, 2013

HyVee Hall C

Des Moines, Iowa

Intent to Participate (Let Us Know Your Plans ASAP)

Entry Fee: \$1000.00 – Teams Entered & Deposit Received by Feb. 15, 2013

(\$200.00 Deposit Will Guarantee A Spot For Your Team)

\$800.00 Balance Due April 1, 2013 or Add \$100.00 If Paid Late.

Teams with intent form filed & deposit received by February 15, 2013 (\$1000.00)

All entries after February 15, 2013 will be charged a \$100.00 late fee.

MAIL YOUR INTENT INFO NOW TO RESERVE A SPOT.

Number of Teams _____

Team Name(s) _____

AAU District or State _____

Contact Person _____ Phone _____

Email _____ Fax _____

Address _____

City _____ State _____ Zip Code _____

Mail TO: Lee Pamulak MSN Duals

% Ron Peterson

1500 W. 6th Ave.

Indianola, IA 50125

Or Email: ron.peterson@kcsd.k12.ia.us with any questions.



2013 AAU LEE PAMULAK MIDDLE SCHOOL DUALS

APRIL 13 & 14, 2013

HyVee Hall C

Des Moines, Iowa

TEAM ENTRY FORM

**ENTRY FEE: \$1000.00 IF DEPOSIT RECEIVED BY FEBRUARY 15, 2013
(\$200.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM)
\$800.00 BALANCE DUE BY APRIL 1, 2013 or ADD \$100.00 LATE FEE.**

MAIL YOUR INFO NOW TO RESERVE A SPOT

TEAM NAME _____

AAU DISTRICT or STATE _____

CONTACT _____ **PHONE** _____

E-MAIL _____ **FAX** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

MAIL TO: LEE PAMULAK MSN DUALS

**% Ron Peterson
1500 W. 6th Avenue
INDIANOLA, IA 50125**

**MAKE CHECKS PAYABLE TO: LEE PAMULAK MSNDuals/IOWA AAU
WRESTLING**

LEE PAMULAK MIDDLE SCHOOL NATIONAL DUALS 2013

INDIVIDUAL BIOGRAPHY

TEAM NAME _____

WEIGHT	NAME	RECORD & ACCOMPLISHMENTS
• 75	_____	_____
• 80	_____	_____
• 85	_____	_____
• 90	_____	_____
• 95	_____	_____
• 100	_____	_____
• 105	_____	_____
• 110	_____	_____
• 115	_____	_____
• 120	_____	_____
• 125	_____	_____
• 130	_____	_____
• 135	_____	_____
• 140	_____	_____
• 145	_____	_____
• 152	_____	_____
• 160	_____	_____
• 171	_____	_____
• 189	_____	_____
• HWT	_____	_____
(250 MAX)		

ALTERNATES

•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____
•	(There is a \$50.00 per athlete charge for any wrestlers after allowed 25 on the roster.)	

REMEMBER ALL BUT 3 WRESTLERS MUST RESIDE IN YOUR AAU DISTRICT

LEE PAMULAK MIDDLE SCHOOL DUALS ROSTER

PLEASE SUBMIT BY 4-6-2013

		TEAM NAME _____					RESIDENCE	
WEIGHT	NAME	GRADE	AGE	AAU#	COUNTY		STATE	
• 75	_____	-	-	-	-		-	
• 80	_____	-	-	-	-		-	
• 85	_____	-	-	-	-		-	
• 90	_____	-	-	-	-		-	
• 95	_____	-	-	-	-		-	
• 100	_____	-	-	-	-		-	
• 105	_____	-	-	-	-		-	
• 110	_____	-	-	-	-		-	
• 115	_____	-	-	-	-		-	
• 120	_____	-	-	-	-		-	
• 125	_____	-	-	-	-		-	
• 130	_____	-	-	-	-		-	
• 135	_____	-	-	-	-		-	
• 140	_____	-	-	-	-		-	
• 145	_____	-	-	-	-		-	
• 152	_____	-	-	-	-		-	
• 160	_____	-	-	-	-		-	
• 171	_____	-	-	-	-		-	
• 189	_____	-	-	-	-		-	
• HWT	_____	-	-	-	-		-	
(250 MAX)								
ALTERNATES								
•	_____	-	-	-	-		-	
•	_____	-	-	-	-		-	
•	_____	-	-	-	-		-	
•	_____	-	-	-	-		-	
•	_____	-	-	-	-		-	

20 WEIGHTS ---- 5 ALTERNATES ---- 3 COACHES ---- 2 WORKERS (There is a \$50.00 per athlete charge for any wrestlers after allowed 25 on the roster.)

REMEMBER ALL BUT 3 WRESTLERS MUST RESIDE IN YOUR AAU DISTRICT

COACHES _____

Coaches: You must have an AAU Coaching Card and Certification to coach matside.