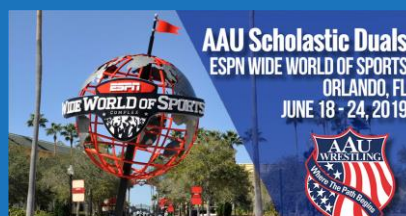




## WRESTLING UPDATE

### UPCOMING NATIONAL TOURNAMENTS 2019



## 16<sup>th</sup> Annual Black Hills Nationals – March 30th



If you are looking for a great wrestling tournament this weekend at an amazing destination location for family, the Black Hills Nationals Wrestling Tournament is for you!

Since 2003, this AAU National Folkstyle Championship is held annually in beautiful Spearfish, South Dakota, home of the Black Hills State University and the dynamic Spearfish Canyon. The iconic Midwestern tournament brings together hundreds of wrestling fans from over 20 states nationwide.

New to the tournament this year are wrestlers from Indiana, Washington, and Illinois. This event is for competitors from 6 and under to an Adult Masters Division for ages 30 and over. Black Hills offers 10 mats of extremely competitive wrestling and they are anticipating over 700 wrestlers this year.

Spearfish and Deadwood will be rolling out the red carpet for teams from all over the country from the Eastern Seaboard to California.

Tournament Director Frank Pavich states "I'm eager to see everyone here this weekend. We have some quality wrestlers headed into this tournament with State Champions and State Placers from many different states". He has seen the competitor list and is impressed with how many states are represented this year. Frank says "This tournament is in it's 16<sup>th</sup> year. Some of the competitors are part of a 2<sup>nd</sup> generation. Their parents wrestled at this tournament and the teams are coming in knowing they will find a quality tournament, with high level officials, that is well run". Black Hills is an official AAU qualifier tournament for the referees at the Disney Duals.

Go to the tournament website [www.bhnationals.com](http://www.bhnationals.com) for more information and a direct link to accommodations and registration. If you have a desire to be a part of a great weekend of competition with a spectacular view of one of the nations greatest monuments, they would love to see you!



# Lee Pamulak AAU Middle School National Duals

## March 29<sup>th</sup>-30<sup>th</sup> 2019



There will once again be fireworks inside Hy-Vee Hall in Des Moines, IA this weekend. Middle school wrestling teams from Iowa, Nebraska, Montana, South Dakota, Tennessee, and Wyoming will ascend on the heartland looking to be crowned dual national champions.

Iowa Black will look to continue its dominance. A year ago, they dispensed of Tennessee Red in the gold bracket finals by a score of 37-29. Iowa Black, Gold, and Red will be joined by Iowa White this year to bring the total teams from the host state to four. Iowa Gold rounded out the Gold bracket last year finishing in eighth place falling to Wyoming Brown in the seventh-place match 64-51. Finishing in fifth place in the silver bracket was Iowa Red; beating Montana White 74-39. Can any of the other teams from Iowa dethrone the Black squad?

Once again, Nebraska Red and Nebraska Blue will be looking to make some noise in Hy-Vee Hall. Nebraska Red narrowly beat South Dakota Platinum for third place in 2018's Gold bracket 44-42. Nebraska Blue looks to improve on their runner-up finish in the silver bracket in 2018. They fell to Tennessee Blue 59-36. Do the young Cornhuskers have what it takes to reach the top? Time will most certainly tell.

Montana enters the same trio of the Grizzlies, Maroon, and White teams into the fray. The Montana Grizzlies handled their in-state counterpart, Montana Maroon, for fifth place in the Gold bracket. Defeating them by a score of 72-21. As for Montana White, they finished in sixth place of the Silver bracket. Do the Grizzlies raise their stock? Will the Maroon team rise above, and sit at the top? Does White have what it takes to leave the rest behind?

The strongest contingent in this year's tournament hail from the Mount Rushmore State, South Dakota. South Dakota Gold, and Silver return this year after tying for third last year in the Silver bracket. The teams double forfeited the third-place match. Legends of Gold along with South Dakota Bronze, and South Dakota Storm bring South Dakota's total to five teams. Tennessee Black and Tennessee Orange are making their inaugural visit to the duals this weekend. Can Tennessee Black or Orange reign supreme on the first trip?

Rounding out the entrants this year are no strangers to Des Moines. Wyoming Brown and Wyoming Gold both finished in seventh place a year ago. Wyoming Brown captured seventh place in the Gold bracket. While, Wyoming Gold was outdone by the Penn Black Knights 57-41 and finished in eighth place of the Silver bracket. Can the youngsters from the Cowboy State ride off into the sunset with a title?

If you're unable to attend you can stream all matches on [Trackwrestling.com](http://Trackwrestling.com).

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### WRESTLING UPDATE

### UPCOMING NATIONAL TOURNAMENTS 2019





# Freshman -Sophomore National Duals

## March 29<sup>th</sup>-30<sup>th</sup> 2019



If you're anything like me; you want more high school wrestling. Well, you are in luck. Some great wrestlers from around the nation will be at Hy-Vee Hall in Des Moines, IA this weekend for the AAU 9/10 National Duals.

The top two teams from 2018's AAU National Duals, Iowa Black and Nebraska Black, will again be in the eighteen-team field. However, there will be six new teams to this year's lineup. Iowa Black won the title with a 46-24 win over Nebraska Black. The Hawkeye State has added another squad for 2019, Iowa Blue. Iowa Gold, Red, and White will be aiming to improve their finishes from a year ago. Iowa Red finished in third in the Bronze bracket. Iowa Gold won the Copper bracket, and Iowa White finished in second place of the platinum bracket. Can Iowa Black repeat in 2019? Will a newcomer overtake them all?

Once again representing South Dakota will be teams Blue and Red. South Dakota Blue finished in third place of the Silver bracket; while South Dakota Red were runner-up in the Copper bracket in 2018. Three more teams in 2019 will give the South Dakota faithful something to cheer about. Mitchell South Dakota, South Dakota Brawlers, and South Dakota Tundra are set to debut this weekend. Can South Dakota get over the hump and bring home the title?

Team Vision Quest, from Colorado, is returning for another go around this year. Things didn't go as planned in 2018 with a third-place finish in the Copper bracket. Can Team Vision Quest go Loudon Swain like, and whip the rest of field? As mentioned earlier, Nebraska Black was very close to the pinnacle in 2018. Also making their first trip for Nebraska will be Team Silver. Can Nebraska Black take the top spot?

As they were last year, Montana sends teams Maroon and Grizzlies to Des Moines. Finishing atop the Bronze bracket in 2018 were the Montana Grizzlies; while Montana Maroon were top dogs in the Platinum bracket. Can the Grizzlies chew their way through the competition to the No. 1?

Those wily cowboys from Wyoming will send teams Brown, and Gold back to Hy Vee Hall next weekend. Wyoming Brown finished in second place of the Bronze bracket, and Wyoming Gold earned third place in the Chrome bracket in 2018. Will Wyoming Gold live up to the name this year?

Our last team in this preview is, Tennessee Blue. They are first timers this year. Can the mystery team win the title in their first trip?

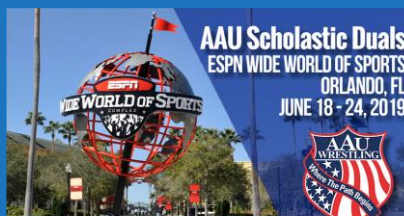
If you can't make it to Des Moines this weekend, follow along by [clicking here](#). To check out complete results from 2018's AAU 9/10 National Duals [click here](#).

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### WRESTLING UPDATE

### UPCOMING NATIONAL TOURNAMENTS 2019



# 2019 Spring Youth Nationals are a HUGE

**Success** by Mike Newbern



This year's Spring Youth Nationals featured 530 wrestlers competing for AAU All American honors. This was the second year to have a girl's division and the directors expect it to grow even bigger next year. Southeastern Governor and Wrestling Chairman Darrel Lauderdale said, "We appreciate our partners Frank Lett and all of the Kingsport CVB, Rough House apparel, Pigeon Forge scorekeepers. Kingsport AF ROTC, Dobyys Bennett Wrestling Club, and the officials who traveled from Utah, Michigan, Ohio, and TN. Everyone worked hard to put on a quality event. Don Elsea, Southeastern District Head Wrestling Official did a great job evaluating the officials even working through extreme shoulder pain, as he was recovering from surgery." Also, many thanks to Cortney Depew of the Kingsport Convention and Visitors Bureau for her excellent photography throughout the tournament.

The tournament consisted of two sessions on eight mats. The first session began at 8:30 am and concluded at noon. The Trackwrestling program was reset and the second session began at 1:30 and ended at 7:00 pm. How many of you remember the days of a long paper trail of matches and bouts ending closer to midnight? Not in Kingsport, this tournament ran like clockwork!

Wrestlers competed in Tot, Bantam, Midget, Novice, and Middle School divisions ranging from age 4 to 15. This year featured 33 girls competing in their own division. The top 6 of each division medaled while earning All-American Honors. Awards were also given to the Southeastern's Top 100 top three wrestlers for the season with the overall division winner receiving a championship belt.

Athletes traveled from 14 states to include Florida, Georgia, South Carolina, North Carolina, Virginia, Maryland, Pennsylvania, West Virginia, Kentucky, Alabama, Indiana, Mississippi, Tennessee, and California!

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## WRESTLING UPDATE

### Spring Youth Nationals Action

