

Post Falls Wrestling Club

NIWL-Fall League Info

Registration Link:

http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=232001132

Practice Times

Team Real Life, Monday & Wednesday

- 4-7 yrs, 5 to 6pm
- 8-14 yrs, 6 to 7:30pm

Post Falls Wrestling Club, Tues & Thurs

- 4-7 yrs, 5 to 6pm
- 8-14 yrs, 6 to 7:30pm

****Wrestlers from *either club* are welcome to *any/all practices*! This will help with conflicts in schedule with football or other activities throughout the week****

Tournaments

CHS Buzzsaw, Oct 21, 2023

- Location: Coeur d'Alene High School, 5530 N 4th St, Coeur d'Alene, ID 83815
- Fee: \$15 Paid at Weigh Ins, **CASH ONLY**
- Weigh In: October 18th at practice

Lakeland, Oct 28, 2023

- Location: Lakeland Senior High School, 7006 ID-53, Rathdrum, ID 83858
- Fee: \$15 Paid at Weigh Ins, **CASH ONLY**
- Weigh In: October 25th at practice

Bonnors Ferry, November 4th

- Location: Bonnors Ferry High School, 6485 Tamarack Ln, Bonnors Ferry, ID 83805

- Fee:\$15 Paid at Weigh Ins, **CASH ONLY**
- Weigh In: November 1st at practice

Real Life November 11th

- Location: The Courts 1916 Charleville Rd. Post Falls ID 83854
- Fee:\$20 Paid at Weigh Ins, **CASH ONLY**
- Weigh In: November 8th at practice

Lake City November 18th

- Location: Lake City HS 6101 N. Ramsey Rd. CDA Id. 83815 •
- Fee:\$15 Paid at Weigh ins, **CASH ONLY**
- Weigh In: November 16th

- NON League USA Wrestling Tournament
Northwest Big Foot Battle
- 11/17-11/18 Spokane Convention Center
- [Must register at USA Wrestling](#)

Weigh - In

- Weigh- ins will be held in the Post Falls High School Gym at the end of practice on the Wednesday prior to the tournaments. (6pm younger group, 7:30 older group)
- **All tournament fees will be collected at weigh - ins. No Refunds**
- Wrestlers are required to weigh in with a singlet on.

Age-Groups

Wrestlers will be bracketed in groups based on age and weight

- Pre Bantam (U6) 2018-2019
- Bantam (U8) 2016-2017
- Intermediate (U10) 2014-2015
- Novice (U12). 2012-2013
- Middle School (U14) 2010-2011

Mat Assignments and Scoring

Track wrestling is the Website used to bracket and score all matches. Track wrestling will assign your child's match to a mat and these mat assignments will be displayed on a scrolling teleprompter on the wall (or you can follow the tournament on a smart phone by logging into **trackwrestling.com**)

Courtesy

- To reduce congestion no parents are allowed mat side. **Please stay in the stands.**
(one parent can take Pre-Bantams to their mat)
- Any concerns about a match should be addressed with a Post Falls coach after the tournament. Parents should not yell or criticize table help, referees, or other coaches. • Please provide positive encouragement to the wrestlers and tell all the many volunteers that make these events possible Thank You
- Crying Rule: after a match is stopped the second time for crying it will be stopped and forfeited
- Don't wrestle without a coach

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