



# WOLFPACK WRESTLING



**Attention:** MAC Coaches, Activities Directors, and Administrators

**Date:** November 27, 2023

**From:** April Scott, Activities Principal, West Valley High School  
[april.scott@k12northstar.org](mailto:april.scott@k12northstar.org)  
Wayne Sawchuk, District Wide Activities Coordinator  
[wayne.sawchuk@k12northstar.org](mailto:wayne.sawchuk@k12northstar.org)  
Kaylen Baxter, Head Wrestling Coach, West Valley High School  
[wolfpackwrestling907@gmail.com](mailto:wolfpackwrestling907@gmail.com)

**Tournament Schedule:**

Dec 8 <sup>th</sup>	Seeding Meeting	7:00 p.m.	(Location TBD)
Dec 9 <sup>th</sup>	Weigh-ins	8:00 a.m.	(Weight Allowance +2)
	Wrestling Begins	9:30 a.m.	
	Finals	3:00 p.m.	(Finals will be conducted on 1 Mat)

**Tournament Format:** Double elimination bracketed tournament, this is the qualifying tournament for the State Tournament in both D1 Boys' and Girls' divisions. Top 3 qualify in the boys' division and Top 2 in the girls' division. Girls will wrestle to True 2<sup>nd</sup> as needed. All championship matches will be 2-2-2, consolation matches will be 1-2-2. Wrestling will be conducted on 2 mats.

**Awards:** Top 3 in both boys' and girls' tournaments will receive medals. Outstanding wrestler in both boys' and girls' division will be voted on by coaches. Team Championship Plaques will be given to tournament champions in both boys' and girls' divisions.

**Weights:** We will use the established Alaska High School weight classes.

**Rosters:** Please submit your roster prior to the 7:00 pm seeing meeting Friday. Update your rosters prior to submitting wrestlers into the MAC tournament.

**Seeding:** Based on Win / Loss, Head-to-Head, Common Opponent, & Coaches Discretion.

**Table Help:** We will need help with running the tables. Please provide managers to work in shifts to assist running the tables.

**Hospitality Room:** Coaches, Officials, Managers Sponsors, & Table Help will be provided a hospitality room, located in the teacher's lounge.

**Tournament Shirts:** [Tournament Shirts](#) can be purchased via the link.

Respectfully,  
Kaylen Baxter  
April Scott  
Wayne Sawchuk

[wolfpackwrestling907@gmail.com](mailto:wolfpackwrestling907@gmail.com) – (757) 374-4979  
[april.scott@k12northstar.org](mailto:april.scott@k12northstar.org)  
[wayne.sawchuk@k12northstar.org](mailto:wayne.sawchuk@k12northstar.org)