

**HAWAII USA AMATEUR WRESTLING ASSOCIATION
(HUAWA)**

**Team Hawaii
2009 Cadet and Junior National Championships
Fargo Information Packet
HUAWA
P.O. Box 30582
Honolulu, HI 96820**

This packet contains information for Team Hawaii wrestlers and their families concerning the 2009 Cadet/Junior National Championships at Fargo, North Dakota.

The packet contains:

1. Commitment deadline
2. Team Rules
3. Breakdown of costs, **Travel Agenda (Wholesale Travel 946-9466 ask for Thomas)**
4. Travel and Wrestling Agenda
5. Packing list
6. Coaches
7. Training information and practice sites
8. Medical information/release
9. Mental training

The last two pages of the packet are forms to be completed and returned:

Commitment Form
Parental Instruction Concerning Medical Treatment

**HUAWA
Attn: Team Hawaii
PO Box 30582
Honolulu, Hawaii 96820**

**John Q. Robinson (Coach Rob) 381-3048 cell
Email: robinsonj001@hawaii.rr.com**

1. Commitment Deadline

Please complete the Commitment that is attached to this packet and return it to HUAWA as stated on the form by **June 10, 2009**.

2. Team Rules & Principles

Team Rules

1. Obey the coaches.
2. Act like a champion -- expect to win, train to win, and compete to win.
3. Treat everyone with respect -- teammates, opponents, officials, etc.
4. Do the right thing -- you already know right from wrong.
5. Take care of your teammates.
6. Take care of your room.
7. Take care of your gear.
8. Do not use or tolerate the use of alcohol, drugs, tobacco or lewd behavior.
9. Work hard.
10. Have fun.

Team Hawaii has not had problems in the past. We do not anticipate problems this year. Nevertheless, the coaches will determine the consequence for violating a team rule on a case-by-case basis. The consequence, at the coaches' discretion, can include dismissal from the team and immediate return to Hawaii at the wrestler's families' expense.

The "mind-set" we want Team Hawaii to exude is:

1. Expect to win.
2. Never give up.
3. Learn from every practice and every match.
4. Give everything in practices and in matches.
5. Send the right message.
6. Out hustle your opponent.
7. Win the "moment of truth."
8. Dominate par terre.
9. Get the first lock and the first takedown.
10. End the match at the earliest possible moment.

"TRAIN HARD & EXPECT TO WIN"

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3. Estimated breakdown of costs

Costs are tentative -- the airfare and uniform costs have not been finalized.

Boys

\$40.00 X 12= \$480.00 Rooms & Food

\$35.00 X 2= \$70.00 Entry Fee

\$250.00 = Singlets, Warm-ups, Shorts , Bag

\$899.00 = Air Fare wholesale travel 946-9466 ask for Thomas

\$65.00 = Vans Fee

Total minus airfare = \$865.0

Girls

\$40.00 X 12= \$480.00 Rooms & Food

\$35.00 + \$40.00=\$75.00 Entry Fee

\$250.00 = Singlets, Warm-ups, Shorts, Bag

\$899.00 = Air Fare wholesale travel 946-9466 ask for Thomas

\$65.00 = Van Fee

Total minus airfare = \$870.00

Most wrestlers bring money for souvenirs, entertainment and extra meals.

Payments are due as follows:

(AIR FARE) Wholesale Travel 946-9466 ask for Thomas

JULY 7 Balance (WHATEVER HASN'T BEEN PAID).

Make checks payable to HUAWA and mail to:

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4. Travel and Wrestling Agenda

General

- July 12 Boys fly Honolulu to Fargo, ND.
- July 13 Arrive Minneapolis, MN. and travel to South Dakota State U. in Brookings, SD.
- July 17 Drive/Bus to Fargo, ND
- July 18 Cadet Greco Weigh-in Wrestling starts.
- July 19 Junior Greco Weigh-in Wrestling starts.
- July 20 Girls Freestyle Weigh-in Individual Tournament starts.
- July 21 Girls Dual Meet Tournament starts.
- July 22 Cadet Freestyle Weigh-in Wrestling starts.
- July 23 Junior Freestyle Weigh-in Wrestling starts.
- July 26 Team Hawaii return to Honolulu on.

Specific

- July 6 Mandatory training on Oahu (**Only**)
- July 7 Mandatory Training
- July 8 Mandatory Training
- July 9 Mandatory Training
- July 10 Mandatory Training
- July 11 Mandatory Training
- July 12 Fly Honolulu to Minneapolis, MN.
- July 13 Arrive Minneapolis, MN. and drive/Bus to Brookings. Early evening GR practice.
- July 14 Practice at South Dakota State University
- July 15 Morning Practice
- July 16 Morning, afternoon, and evening GR practices with Team Missouri.
- July 17 Morning GR practices Team Missouri. Drive to Fargo. Check in. Evening light practice.
- July 18 Cadets Greco Weigh-in wrestling starts / GR practice for Juniors.
- July 19 Girls Freestyle Practice in Bison arena.
- July 19 GR Weigh-in wrestling continues for Cadets.
- July 19 Juniors GR Weigh-in wrestling starts.
- July 19 Girls Freestyle Practice, Make weight.
- July 20 Juniors GR Weigh-in wrestling continues.
- July 20 Cadet medal matches.
- July 20 Girls Freestyle Weigh-in Wrestling starts to medal matches.
- July 20 Cadet Freestyle practice If not wrestling in medal matches.
- July 21 Girls FS dual meet starts to medal matches.
- July 21 Juniors Greco medal matches.
- July 21 Cadet Freestyle practice Make weigh / Juniors FS practice If not wrestling in medal matches.
- July 22 Cadets Freestyle Weigh-in wrestling starts.
- July 22 Juniors FS practice.
- July 23 Junior Freestyle Weigh-in wrestling starts.
- July 23 Cadets FS wrestling continues.
- July 24 Cadets FS wrestling continues to medal matches.
- July 24 Juniors FS wrestling continue.
- July 25 Juniors FS wrestling continue to medal matches.
- July 26 Return to Honolulu.

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5. Tournament Packing List

Pack light. There are washing machines in the dorms. We have limited room in the vans. Use crushable, duffel-type luggage so we can stow it easier. Suitcases that cannot be collapsed take up too much space. Bring your paperwork and competition gear with you as carry-on luggage.

SOFT CASE SUITCASE

Paperwork

USAW card

Driver's license/ID for flying

Copy of medical insurance card

Copy of application

Competition Gear

Singlets (red & blue)

Warm Ups

Team T-shirt(s)

Briefs/sports bra (4)

Shoes (wrestling)

Shoes (running)

Socks (3 pair)

Handkerchief (to show to ref)

Small Towel (to wipe down between periods)

Headgear

Tape (for shoes)

Kneepads

Mouthpiece

Jump rope

Gear bag

Work Out Gear (use quick drying, easily washable gear)

Work out shirts (9)

Shorts (4)

Long sleeved work out shirts (4)

sweat pants (1)

Socks (6 pair)

Briefs (6)

Under Armor long-sleeved shirt (recommended)

Personal Gear

Wallet & money

Phone cards & important numbers

Camera & film

Book Cards/travel games

Audio tapes/CDs

CD/MP3/ iPod player

Toiletries (w/ anti-fungal cream)

Towels (2) (thin old towels dry faster)

Note book & pen

Alarm clock

Extension cord

Small fan (optional; can buy there)

Personal Clothing

Long pants (1)

Shorts (2 pair)

Underwear (5)

Swim suit (1)

Shoes/slippers

Shirts/nice t-shirts (4)

Jacket (light)

Hat

MARK EVERYTHING WITH YOUR NAME

6. Coaches

John Robinson, Matt Oney, John Schmidtke, Matt Burkett-Erice, Aubry Burkett-Erice, Tyler Diamond, Pii'kea Kalalau, Kuu'ipo Badayos, Kuu'iini Johnson, Kevin Corbett

“TRAIN HARD & EXPECT TO WIN”

7. Training information, practice sites and workout schedule

The coaches expect you to train to win. You should follow these training guidelines:

June Compete at Aloha State Games June 26-27 in both styles for boys & local tournaments.
Train at a Team Hawaii site at least 3 times per week.
Increase the intensity of your aerobic workouts.
Continue strength training.
Start weight monitoring.

July 1-12 Train at a Team Hawaii site.
Increase aerobic work to your maximum (as good as at state tournament)
Taper strength training.
Refine your diet and your sleep habits to achieve peak performance.

July 6-12 Mandatory Team Hawaii Training on Oahu.
Focus on technique and mental preparation.

8. Medical Information/Release

Please fill out the Parental Instruction Concerning Medical Treatment form that is included as part of this packet. This information is of obvious importance.

Return it with the Commitment Form.

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9. Mental training

You should be developing mental toughness. Larry Gibson, Gold Level Coach with USA Wrestling, wrote the following article:

Three aspects that should be included in any pre-season training program are technical skill improvement/refinement, physical conditioning and mental practice. The technical and conditioning program should not be independent of mental training but should work hand in hand. Practicing great technique and improving skills, as well as decreasing body fat, and improving cardiovascular conditioning will be enhanced by positive mental skills.

Your self-talk or the voice in your head controls your self-image. Your self-image controls your performance. What you envision and tell your self when it comes to all aspects of your performance will become true, your worst fears as well as your best expectations.

Remember it is important to have great practices on the mat because there you are creating habits. Under pressure of competition (stress) you will raise or fall to the level of your practice habits, so have great practices, always striving toward perfection. It is equally true that as you visualize technique and visualize your perfect match, that you also have perfect mental practice. Your mind does not know that you are lying on the mat or in bed visualizing but believes that you are having another practice or involved in a match and so the habits that you create mentally are equally important as those created in practice.

One final note, it is important to practice or visualize how you want to feel in your matches. Practice how you want to feel so that you are not overcome by raised emotions. Practice mentally being explosive, powerful, blindingly fast, instinctual, and always “cool” under fire. Whatever you tell yourself will become your “truth”, so mentally strive toward perfect practice and for the “perfect match”. The words you use are important. Always frame your visualization as if you have already become like you want to be. Your performance is controlled by what you tell yourself about you.

Be confident that your combined training of technical and physical conditioning with mental fitness will be enough to carry you through the toughest of circumstances. Expect perfect matches.

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Team Hawaii
2009 Cadet and Junior National Championships
Commitment Form

I commit to attend the 2009 Cadet/Junior National Championships at Fargo, North Dakota as a member of Team Hawaii. I understand that it is an honor to be a member of Team Hawaii. I understand that I represent my family, my wrestling club, my school, my community and the State of Hawaii at Fargo. I understand that with that honor comes responsibility. I will follow the team rules. I will do the "right thing" when the team rules do not specifically cover the situation in which I find myself. I understand that the coaches can dismiss me from the team and send me home if I violate a team rule.

Wrestler's Name: _____

Date of Birth: _____

USAW Card No.: _____

Current weight: _____

Circle expected competition weight and uniform size information:

Cadet: 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275

Junior: 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275

Girls: 95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220

Singlet size: XS, S, M, L, XL, XXL

Jacket size: S, M, L, XL, XXL, XXXL

Pants size: S, M, L, XL, XXL, XXXL

Shorts size: S, M, L, XL, XXL, XXXL

T-Shirt size: S, M, L, XL, XXL, XXXL

Parents'/Guardians' Names: 1. _____

2. _____

Parents'/Guardians' Numbers: 1. Home: _____ Work: _____ Cell: _____

2. Home: _____ Work: _____ Cell: _____

Address: _____

Wrestler's signature: _____

Parents'/Guardians' signatures: 1. _____

2. _____

Return this form to:

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