

Congratulations national team members and thank you for your hard work in preparation for next week!

Fargo Schedule:---- NOTE Saturday and Sunday start times moved from 9am to 8am

July 16- 16U women's freestyle weigh-ins at 5:30pm

July 17- 16U women's wrestling 8:00-1:00 and 3:00-7:30pm

July 18- 16U women's wrestling 8:00-10:00 and 1:30-4:00pm

July 19- Junior women's freestyle weigh-ins at 6:30pm

July 20- Jr women's wrestling 9:00-12:00 and 4:00-7:00

July 21- Jr women's wrestling 9:00-12:00 and 1:30-4:30

2021 Iowa Women's Team Coaches:

Alexis Slade, Alli Ragan, Angelo Crinzi, Arelys Valles, George Bailey, Rachel Watters

Rosters/Weights: I have included the full Fargo Roster. Please verify your weight and age group (16U is birth years 2005-2006 only). If you see any issues, please let me know ASAP

Gear: I have all the gear for those who qualified at state with the last chance qualifier's gear coming in the next day or so. I will plan to distribute gear in Fargo as we've done each year for the women's team; this might go most smoothly at the Jasper Hotel.

Credentials: You can pick them up from me at the arena the day of weigh-ins. We are unsure if kids will be allowed in without them for weigh-ins. If not, I will find a location outside the arena to hand them out. **We will meet in section 7 (Southeast Corner) at 4:30pm on Friday for 16U.** 16U weigh-ins are at 5:30pm.

We will meet in section 7 at 5:30pm on Monday for Juniors. Jr weigh-ins are at 6:30pm.

Registration: I have completed registration for the women's team online. Thank you to everyone for uploading photos so that credentials could be printed before the event.

16U Weigh Ins: Friday July 16th @ 5:30pm. We will meet at 4:30 in section 7 to hand out weigh-in cards.

Junior Weigh Ins: Monday, July 19th @ 6:30pm. We will meet in section 7 at 5:30pm to hand out weigh-in cards.

Please reply to this email to confirm you've received it and let me know:

- 1) The date/time of your estimated arrival in Fargo.
- 2) Your lodging plans (team hotel or other arrangements).

Let me know if you have any questions by email, iausawomensdirector@gmail.com.

Contact me in Fargo by text - 319-400-2126