

## 2009 Team Alaska Frequently Asked Questions

**Q:** What is Team Alaska Wrestling?

**A:** Team Alaska Wrestling is an entity operating under the auspices of Alaska USA Wrestling its Board of Directors, and USA Wrestling-the national governing body for U.S. Olympic wrestling. Our primary focus is to prepare Alaskan Wrestlers for the elevated levels of regional and national competition, promoting the sport of wrestling, and bringing athletes from across Alaska together as one team to represent our state. This is accomplished through our developmental camps and logistical support for athletes. Alaska USA Wrestling is a non-profit organization. The AUSAW Board is comprised of volunteers who work tirelessly to provide an opportunity for Alaska's toughest athletes to excel in Alaska's toughest sport.

**Q:** To which Outside Tournaments are the Team Alaska Camps geared?

**A:** These are events our wrestlers prepare for.

1. West Kids & Cadet Regional Championships (June 21 -27) Pocatello, ID.
2. ASICS/Kids National Championships (June 30-July1) Orem, UT
3. ASICS/Vaughn Cadet & Junior National Championships (July 18-25) Fargo, ND

**Q:** Does Team Alaska book travel arrangements or provide chaperones for athletes traveling "Outside"?

**A:** No. Team Alaska only ensures a coaching staff is in place along with other logistical support. It is your responsibility to designate who has direct responsibility for your athlete while on the road. Often other parents/coaches, able to travel with their wrestler, will be more than willing to chaperone. However, it is YOUR responsibility to make the arrangements. Team Alaska will provide you information on where the coaching staff will be staying/flights they're on, but it is YOUR responsibility to make the necessary reservations. One exception is the trip to Cadet & Junior National Championships in Fargo, ND. Generally, athletes arrange air travel through a designated travel agent, will travel together, and room in a North Dakota State dormitory. Contact Tom Ritchie at [Ritchie\\_tom@asdk12.org](mailto:Ritchie_tom@asdk12.org) for more info or go to [www.ausaw.org](http://www.ausaw.org)

**Q:** When and where do Team Alaska Camps take place and which Team Alaska Camp is right for my athlete?

**A:** If your wrestler was born 1993-99, the **Kid/Cadet camp, held at Bartlett High School, (June 11-19)** is a good bet. This camp is rigorous, yet staffed to accommodate needs of younger wrestlers while keeping the overall intensity high. The ratio of Clinicians to wrestlers is maintained at 8:1 or less and this limits the number of campers we can accept. If your wrestler was born pre-1989-94 is still in high school, very experienced, exceptionally fit, and a dedicated athlete, you should consider the **Junior/Cadet Camp to be held at Bartlett High School (July 5 to July 16)**. This camp is patterned on the most physically and mentally intensive training found anywhere, period. Reminder: Your wrestler has to be in excellent shape BEFORE camp begins. All members of Team Alaska **must** attend this camp if planning to compete in Fargo.

**Q:** We live a great distance from Anchorage. Is housing available for my wrestler?

**A:** Yes! We make every effort to accommodate wrestlers traveling from across Alaska. We'll arrange airport pick-up and drop-off. Team Alaska recommends the modest fee of \$150 to your host family as they will house, feed and, arrange transport for your wrestler. Some great and lasting friendships have been forged with host families and folks from across our state. Contact: Tom Ritchie (Team Alaska Camp Director) Email: [ritchie\\_tom@asdk12.org](mailto:ritchie_tom@asdk12.org) to find out more or go to [www.ausaw.org](http://www.ausaw.org).

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**Q:** My wrestler isn't planning to attend a regional or national tournament. Can he/she still attend a Team Alaska Camp?

**A:** Yes. Although camp focuses on preparing athletes to go up against our nation's best wrestlers, a positive "side-effect" for those completing camp is attaining the best personal physical shape and toughness ever. They'll be more competitive in any sport. Not only do attendees leave camp with better wrestling skills, they'll also understand the commitment required for national competition. Think we're kidding? Thirteen of fourteen 2006, 2007 and 2008 State 4A High School Wrestling Champions are Alaska USA Wrestling competitors. In 2008, nine of the 4A Champions attended Team Alaska Camps (including the first woman in the U.S. to ever win a high school state title). Results speak volumes.

**Q:** We're traveling to an Outside tournament, is my wrestler required to wrestle at the weight he competed in at the AUSAW State Championships?

**A:** Believe it or not, the average camper will drop 1 to 2 weight classes at camp. In a nutshell, if you win a weight class at the state tournament you receive the first slot in that weight class at nationals, you can switch weights at the camp, and most likely will, but the first slot goes to who ever won this at state if they remain at that weight. Rest assured your athlete will be at his/her most competitive weight. Both Team Alaska Camps are state qualifying events and the staff will conduct an official weigh-in at the conclusion. Our biggest concern is that Alaskan Wrestlers, in the same age/weight are on opposite sides of the bracket to assure they get exposure to a variety of wrestlers with which they haven't competed.

**Q:** My wrestler was unable to compete at the AUSAW State Championships. Can he/she still compete at a regional or national tournament?

**A:** Yes, but only with approval of your AUSAW State Age Group Director. We realize and accept there are bona fide reasons (such as illness or family emergencies) which can prevent an athlete from competing at AUSAW State Championships. If the AUSAW Age Group Director concurs a bona fide emergency was the reason, the athlete will be allowed to compete. Additionally, that athlete will be required to attend a Team Alaska Camp as this satisfies the national governing body (USA Wrestling) requirement that athletes compete in a state-sanctioned event. (Team Alaska Camp will serve in lieu of the state tournament as an "event qualifier"). However, the best bet is attending the AUSAW State Tournament.

**Q:** Compared to other wrestling camps, what makes Team Alaska Camps a good value?

**A:** Team Alaska Camps afford Alaskan Wrestlers the opportunity to participate in a level of training as good as, and in most cases, better than any found in the Lower 48 without the additional travel costs to the lower 48.

Team Alaska Camps have been presented for nearly 15 years. Our ongoing focus is on the long term development of Alaska's wrestling talent. No other wrestling program in Alaska has our breadth and depth. Team Alaska Camps are sanctioned and insured through USA Wrestling (the national governing body for U.S. Olympic Wrestling). Camp staff is comprised entirely of "Alaska Grown", nationally recognized talent. Every coach/clinician holds a USA Wrestling Coaches Card, and has completed classroom training and certification under the NCEP (National Coaches Education Program).