

# FORT HILL HIGH SCHOOL WRESTLING

500 GREENWAY AVENUE • CUMBERLAND, MARYLAND • 21502

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January 2, 2018

Dear Wrestling Coach and AD:

Welcome to the 2018 Super Duals! Again, I want to emphasize the importance of all teams showing up on time. Due to the tournament format, it is imperative that we start on time. Please send your entrance fee of \$275 as soon as possible if you have not already done so. Make checks payable to Fort Hill Wrestling.

Rounds will be continuous with a 5-minute break at the conclusion of the final match of each round. The majority of the break will be in between rounds as some teams will be done earlier than others and the next round doesn't start until 5 minutes after the last match is finished. We will wrestle on three mats. Please bring all of your J. V. wrestlers. J.V. wrestlers will wrestle in between rounds or possibly on a mat of their own. **DO NOT ARRIVE AT THE SCHOOL BEFORE 3:00PM SO THAT WE DO NOT INTERRUPT SCHOOL DISMISSAL.** In addition, there will be no food or drinks allowed in the gym during the tournament except for the teams water bottles. Food and beverages must be consumed in the concession area. A tentative tournament schedule is as follows:

<u>Friday</u>	<u>Saturday</u>	<u>Teams Attending</u>
3:30pm – Weigh-ins	9:00am – Weigh-ins	Allegany (MD)
4:20pm – Coaches Meeting	10:20am – Coaches Meeting	Fort Hill (MD)
4:30pm – Round 1	10:30am – Round 5	Frankfort (WV)
6:00pm – Round 2	12:00am – Round 6	Hampshire (WV)
7:30pm – Round 3	1:30pm – Round 7	Hope for Hyndman (PA)
9:00pm - Round 4	3:00pm – Round 8	Southern Garrett (MD)
	4:30pm – Round 9	Moorefield (WV)
	6:00pm - Final Coaches Meeting	
	With Awards Presentation to follow.	

Please contact me if you have any questions at (301) 783-1904 or email me at [taubiota@hotmail.com](mailto:taubiota@hotmail.com). Also, you may call my cell phone at (301) 697-5441.

Thank you,

Bernie Nichols  
Fort Hill Wrestling Coach