

2014 WIAC Wrestling

Championships



Hosted by UW-La Crosse
Mitchell Hall Gymnasium
February 15th, 2014

WELCOME TO UW-LA CROSSE!

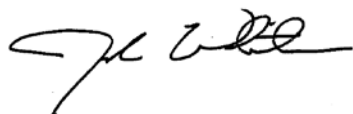
The University of Wisconsin-La Crosse is proud to host the 2014 WIAC Wrestling Championships. Our university, staff, student-athletes, and community are excited to provide a first-class championship experience for the inspiring men competing across our conference. Our goal is to provide a fun, safe, and enjoyable environment for all our competitors.

An important part of our championship experience is our venue. Built in 1964, Mitchell Hall's gymnasium is the competition venue for Eagle Wrestling. With a seating capacity of more than 2,880, the 22,500-square-foot gymnasium hosts multiple dual and invitational meets throughout the year. Mitchell Hall has nine private locker rooms that will be used by teams, officials, and meet staff.

We would not be able to host championship events, such as this one, without tremendous support from our community and, in particular, from our corporate partners. Please make an effort to use their services while you are here. For your reference, a listing of local restaurants and hotels is included on the final page of this meet packet.

If there is anything our staff can do to make your visit to La Crosse more enjoyable, please be sure to let us know.

Good luck to all the competitors!



Josh Whitman
Director of Athletics



Meet Management Directory

WIAC Commissioner

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kburke@uwlax.edu

Assistant Athletic Trainer

Sheena Cook-Fuglsang, ATC

Cell: 608-604-0311

scook-fuglsang@uwlax.edu



Meet Information

Date/Time: Saturday, February 15th: 9:00AM

Location: University of Wisconsin- La Crosse
Mitchell Hall Gymnasium

Meet Website: www.wiacsports.com

Admission:

Adults-

Youth/Senior -

WIAC Student

One Day Pass:

\$8.00

\$6.00

Free w/ ID

Results: The dual results will be posted on the WIAC website (www.wiacsports.com) and on the UW-La Crosse Wrestling website (www.uwlathletics.com). Throughout the meet, there will be a designated area in Mitchell Hall to view the bracket, as well as in the hospitality room. Live streaming will also be available throughout the meet.

Trackwrestling: The results for the WIAC Championships will be on trackwrestling.com. Each head coach will receive a log-in and password to update their roster information. Please update this information by **Thursday, February 13th at 10pm.**

Coaches Meeting: The coaches meeting will take place on the day of the meet at 8:30 am in room 119 in Mitchell Hall.

Credentials: Each team will be given credentials for the coaches, athletes and athletic trainers. Please keep these on you for the entire meet to access the facility.

Hospitality Room: Coaches and Athletic Trainers will be able to visit the hospitality room during the tournament. Coaches and AT's will gain access by showing their credentials. No Student-Athletes will be allowed.

Weigh-ins: Weigh-ins will take place at 7:00 am on Saturday morning in the main gymnasium. Coaches, please bring your own scale for your team.



- Exhibition Matches:** Additional wrestlers will be allowed to compete in exhibition matches during Rounds 1 and 2 of the championship. **Please send exhibition wrestler's names and weight by Friday, February 14th at noon.** Please email Ross Needham directly at rneedham@uwlax.edu for your entries.
- Athletic Training:** The athletic training room located in Mitchell Hall, will be open at 6:45am, prior to skin checks, for any pre match needs. Once the first match starts, AT services will be available on as needed basis in the gym.
- Bus Parking:** Spectator parking will be available in the C-2, C-3, C-6 and C-9 lots on campus. Bus and van parking will ONLY be available on Badger Street. Buses and vans will not be allowed in the spectator parking lots or on main campus streets.
- Awards:** Coach of the Year will be presented before the championship match. Wrestler of the meet, Scholar Athletes and Team Conference Championship awards will be presented following the final match.
- Team Camps:** Teams will be able to set up camp on the south side of the gymnasium.
- Locker Room:** Locker rooms and showers are located in Mitchell Hall. General locker room #5 is reserved. Please provide your own locks and towels. No items should be left unlocked in the locker rooms.

Event Schedule

Friday, February 14th

5:00pm – 8:00pm **Open Mat Practice**

Saturday February 15th

7:00am **Weigh-ins & skin check (Main gym)**
8:30am **Coaches meeting (Room 119 MH)**
9:00am **Welcome/Introductions/National Anthem/Meet Start**

Meet Format

9:00am **Round 1 (2 mats)**
Match 1: UW-Stevens Point vs. UW-Platteville (Mat 2)
Match 2: UW-Oshkosh vs. UW-Eau Claire (Mat 1)

11:00am **Round 2 (2 mats)**
Match 3: UW-Whitewater vs. Winner of Match 1 (Mat 2)
Match 4: UW-La Crosse vs. Winner of Match 2 (Mat 1)

1:00pm **Round 3 (2 mats)**
Match 5: Loser of Match 1 vs. Loser of Match 2 (Mat 2) **(5th place)**
Match 6: Loser of Match 3 vs. Loser of Match 4 (Mat 1) **(3rd place)**

****Presentation following Round 3 for Coach of the Year**

3:00pm **Round 4 (1 mat)**
Match 7: Winner of Match 3 vs. Winner of Match 4 **(Championship)**

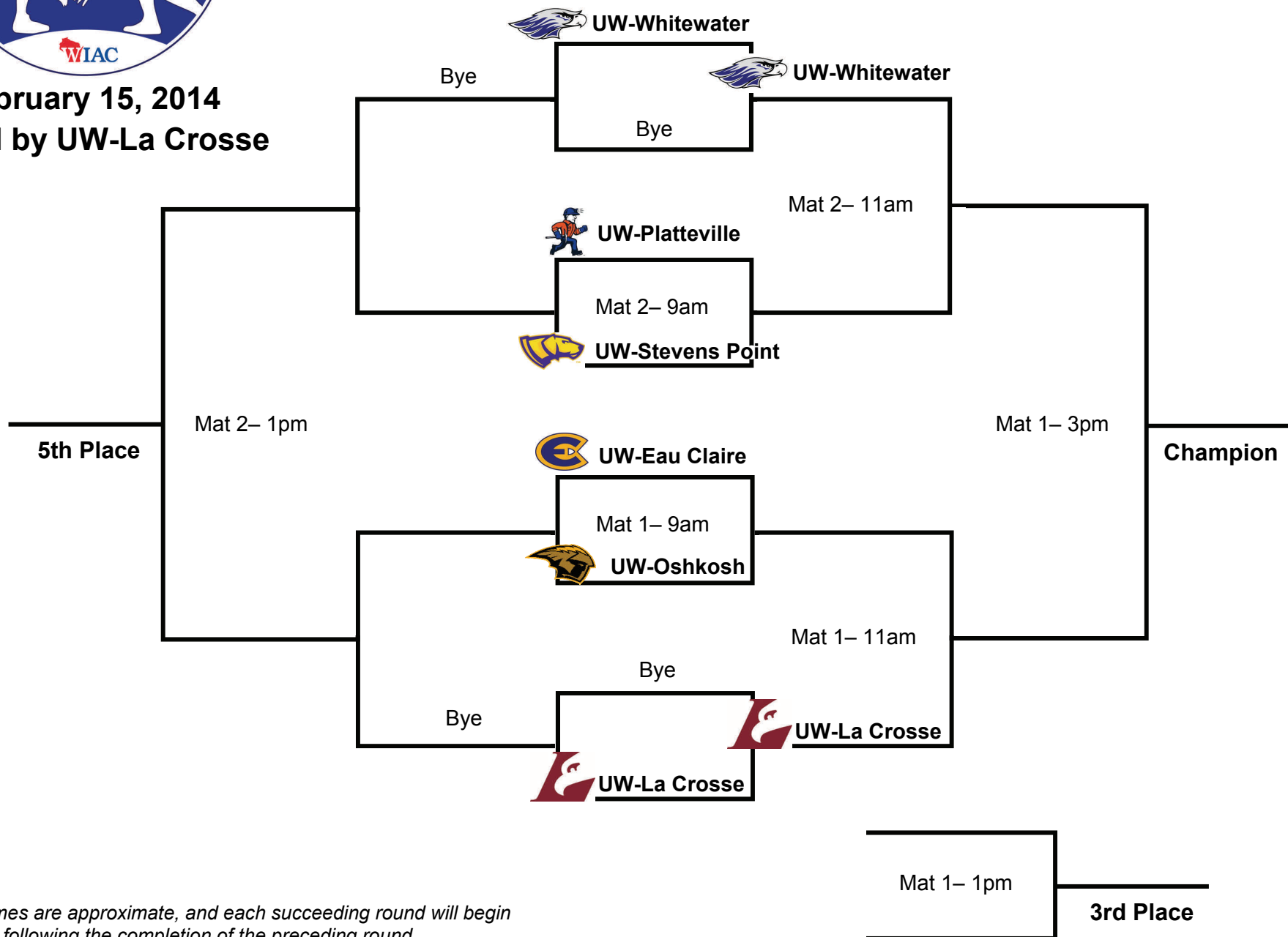
Note: All times are approximate, and each succeeding round will begin 15 minutes following the completion of the preceding round. Rounds 1, 2 and 3 will utilize two (2) mats while Round 4 will be conducted on one (1) mat.

****Following the Championship match, awards for Wrestler of the Meet, Scholar Athletes and Team, Conference Championship award will be presented**



February 15, 2014

Hosted by UW-La Crosse



Note: All times are approximate, and each succeeding round will begin 15 minutes following the completion of the preceding round.

Athletic Training Services

MEMO

To: Participants of the 2014 WIAC Wrestling Championships

Fm: Scott T. Doberstein, MS, ATC, AT
Head Athletic Trainer

Re: Athletic Training Services

The Athletic Training Staff at the University of Wisconsin – La Crosse would like to welcome you to the 2014 WIAC Wrestling Championships hosted in La Crosse, WI. Below are the details for our services that will be provided over the weekend.

The athletic training room is located in the basement of Mitchell Hall and will be open at 6:45am, prior to skin checks, for any pre match needs. However, once the first match starts, AT services will be available on as needed basis in the gym itself. The meet will be staffed by both certified athletic trainers and students.

If any emergencies arise, we have two hospitals within only a few miles that can be utilized. If your team is traveling without an athletic trainer(s), please provide the necessary supplies and documentation. A letter from an MD or athletic trainer detailing treatment parameters will be needed for any modalities other than ice related treatments.

Please feel free to contact Sheena Cook-Fuglsang regarding any questions or special accommodations. She can be reached at 608-604-0311 or at scook-fuglsang@uwlax.edu. In addition, please contact her if you would be willing to assist her with skin checks.

Best of luck to everyone!

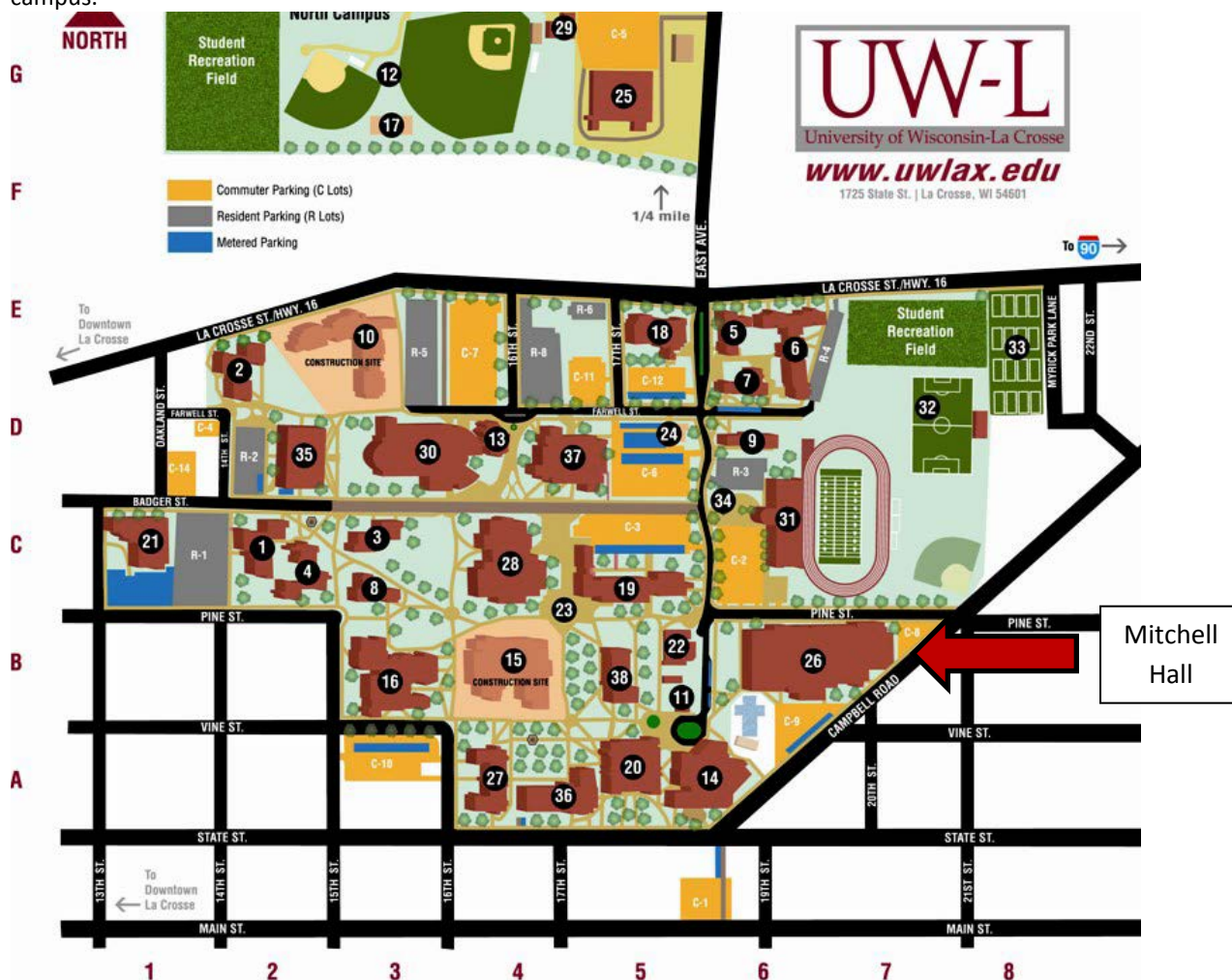
Driving Directions

From the West: Exit Interstate I-90 at Onalaska Highway 157 (Exit 4). Turn right on Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the North: Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side join Interstate I-90. If traveling south on Highway 61, go east on I-90 to Highway 157 (Exit 4). Turn right onto Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus. If traveling south on Highway 53 (go over I-90 at Exit 4). Follow Highway 157 to Highway 16. Turn right on Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the East: Travelers heading west to La Crosse on Interstate I-90 exit at Onalaska-La Crosse Highway 16 (Exit 5). Turn left onto Highway 16. Drive 4.8 miles and right on La Crosse Street and then left on East Avenue to campus.

From the South: Highway 14, 61, and 35 enter the city on the South. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles). Turn left on La Crosse Street and then left on East Avenue to campus.



Mitchell Hall is Building #26 and the Veteran's Memorial Field and Sports Complex (Track and Field Venue) is #31 on this map.

Recommended Lodging:

Candlewood Suites

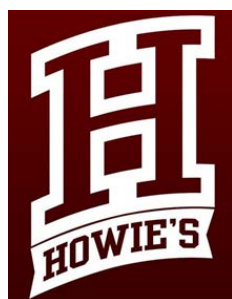
56 Copeland Ave.
La Crosse, WI 54603
608-785-1110
(1.5 miles from UW-L's campus)

Hampton Inn

308 Hampton Court
Onalaska, WI 54650
608-779-5000
(6 miles from UW-L's campus)

Stoney Creek Inn

3060 S. Kinney Coulee Rd.
Onalaska, WI 54650
608-781-3060
(5 miles from UW-L's campus)



Recommended Restaurants:

Ahz Pasta Restaurant

91 Copeland Ave.
La Crosse, WI 54603
608-788-7278

Howie's Restaurant

1128 La Crosse Street
La Crosse, WI 54601
608-784-7400

Dublin Square Irish Pub & Eatery

103 N. 3rd Street
La Crosse, WI 54601
608-519-2509