

MINDSET- WEIGHT- COMPETITION MANAGEMENT FOR FARGO

1. Mini-Camp for Fargo- Goal July 9-10
 - a. Prepare your mindset for competition
 - b. Begin a realistic goal weight for each day leading up to Fargo Weigh ins
 - c. Introduce your coaching staff and overall Team Mindset. The evolution of your skill set.
 - d. Explain communication system from USAWNJ, your coaches, and yourself.
2. Goal for the week leading up to departure for Fargo July 11-14
 - a. Gradually work on weight loss using proper hydration and nutrition
 - b. Work on techniques that will enhance your chances for success
 - c. Discuss strategy for neutral and par-Terre wrestling
 - d. Proper sleep/rest schedules. 8 hours is a minimum number. Going to bed early and waking up early will help you prepare for the rigorous schedule you will have in Fargo.
 - e. Have your Negative Covid Test taken and email those results to pete29grant@yahoo.com
 - f. Bring proof of your Vaccination Card and send me a picture to: pete29grant@yahoo.com
3. The trip to Fargo-
 - a. Get to airport early. Try to minimize stress leading up to departure (2 hours before flight is a minimum)
 - b. Pack early and be sure you have your favorite gear, etc. Team NJ gear should be packed in a carryon bag, along with your wrestling shoes. Do not pack in a bag that could be lost.
 - c. Bring a copy of your USA Card, either the card or a screenshot on your cell.
 - d. When you land in Fargo... you should go to your hotel room. A practice schedule will be text to you.
 - e. You will need to get your credentials (Photo ID) from Gimp before weigh ins.
4. While in Fargo-
 - a. The USAWNJ coaches and staff are here to help you in any way. Please feel free to talk to your coach and administration if you have a problem.
 - b. Get your rest in between sessions
 - c. Eat properly and stay hydrated when practical-making weight is a process. Do not wait till the last second and try to cut too much. Late and heavy weight loss will affect your results.
 - d. Boys freestyle only will have two weigh ins in Fargo (check your schedule below)
 - e. The second weigh in is plus 2 pounds
 - f. Girls' divisions will only weigh one time.
5. In the Fargo Dome
 - a. The Dome is air conditioned and can become cold, especially compared to the outdoor temperatures which in the summer are extremely hot.
 - b. Wear appropriate warm up gear
 - c. There will be scheduled mat time for warmups. Check with your assigned coach.

- d. There is not much space to warmup in after the tournament begins. Some small areas, you and your coach need to check these out and plan. You must get your heartrate up before you wrestle to at least a 160 bps ... a jump rope might help. Stay warm, do not take off warmups till the last second.
- e. You will receive a text message when you have been assigned a mat. There will be somewhere between 26 and 30 mats. Be sure you know the color of your singlet early enough. Always keep both singlets with you when warming up in case you made a mistake. Top man on bracket is red, bottom is blue.
- f. Report to your mat. Your coach or coaches will also get the message. They should then go to your mat.
- g. We have a pair of coaches that will go to your mat to make sure that you are at the correct mat, and that your coach is with you.
- h. Once they see you are ok, they will proceed to the next assigned mat. If not, they will stay with you and corner your match.
- i. Hydrate during the day when practical especially after the second weigh in. There will be time to make weight after the sessions.
- j. Energy snacks for the day, like honey packs, fruit etc. should be packed in your book bag.
- k. After your match do a cooldown on the concourse. Most likely they will get you off the competition floor fast.
- l. Always let your coaches know where you are sitting. We will pick a general area for Team New Jersey to sit. This will help if for some reason you do not report to your mat when its assigned. We will come looking for you in that section.
- m. Do not leave the Fargo Dome until your weight class has been excused. Then be sure that you verify that with your corner coach, who in turn will report that to the Team Leaders.
- n. Be familiar with the schedule. It is listed below. Even though you will receive text messages about your timeline, it is imperative that you are on time for every session including weigh ins. Allow plenty of time for travel. Ubers may or may not be the best way to travel in Fargo. They are not that reliable and are limited in number. Hook up with someone with a rental car. Team NJ has very few vehicles that will be going back and forth. Be sure to talk to your coaches about transportation. Do not wait till it's time to wrestle and be stuck at the hotel.

TEAM NEW JERSEY FARGO SCHEDULES

U16 NATIONAL FREESTYLE CHAMPIONSHIPS SCHEDULE

Thursday, July 15

Mats Open for Workouts (*Benson Bunker*) 3:00 PM to 9:00 PM

Friday, July 16

Cadet Freestyle Medical Check and Weigh-in (*FargoDome Southwest Concourse*) 5:00 PM

Saturday, July 17

Cadet Freestyle: Session I – Preliminaries and Consolations (*FargoDome – Main Floor*) 9:00 AM to 1:30 PM

Cadet Freestyle: Session II – Preliminaries, Consolations (*FargoDome – Main Floor*) 3:00 PM to 7:30 PM

Sunday, July 18

Cadet Freestyle 2ND Medical Check & Weigh-in [+2 lbs] (*FargoDome Southwest Concourse*) 7:00 AM

Cadet Freestyle: Session III - Quarterfinals and Consolations 9:00 AM to 1:30 PM

Cadet Freestyle: Session IV - Semifinals, Consolations and Consolation Semifinals 4:30 PM to 9:00 PM

Cadet Freestyle: Session V - Consolation Semifinals (IF NEEDED) (*FargoDome*) 9:00 AM to 11:00 AM

Cadet Freestyle: Session VI - Finals, Medal Matches & Awards (*FargoDome - Main Floor*) 1:00 PM to 4:00 PM

JUNIOR DIVISION NATIONAL CHAMPIONSHIP SCHEDULE

Saturday, July 17

Junior Freestyle Medical Check and Weigh-in (*FargoDome – Southwest Concourse*) 7:30 PM

Sunday, July 18

Junior Men's Freestyle: Session I - Preliminaries and Consolations 9:00 AM to 1:30 PM

Junior Men's Freestyle: Session II - Preliminaries and Consolations (*FargoDome - Main Floor*) 4:30 PM to 9:00 PM

Monday, July 19

Junior Freestyle 2ND Medical Check and Weigh-in [+ 2 LBS] (*FargoDome Southwest Concourse*) 7:00 AM

Junior Men's Freestyle: Session IV — Semifinals, Consolations and Consolation Semifinals 5:00 PM to 8:30 PM

TUESDAY JULY 20

Junior Freestyle: Session V - Consolation Semifinals (IF NEEDED) 9:00 AM to 10:00 AM

Junior Freestyle: Session VI - Finals, Medal Matches & Awards (*FargoDome - Main Floor*) 1:00 PM to 3:30 P

GIRLS FREESTYLE NATIONAL CHAMPIONSHIPS U16

Friday, July 16

Cadet Women Freestyle Medical Check and Weigh-in (*FargoDome Southwest Concourse*) 5:30 PM

Saturday, July 17

Cadet Women Freestyle: Session I – Preliminaries and Consolations (*FargoDome*) 9:00 AM to 1:00 PM

Cadet Women Freestyle: Session II – Quarter-Finals, Semi-Finals and Consolations 3:00 PM to 7:30 PM

Sunday, July 18

Cadet Women Freestyle: Session III – Consolations-Semi (IF NEEDED) 9:00 AM to 10:00 AM

Cadet Women Freestyle: Session IV - Finals, Medal Matches & Awards 1:30 PM to 4:00 PM

GIRLS FREESTYLE NATIONAL CHAMPIONSHIPS JUNIORS

Monday, July 19

Junior Women Freestyle Medical Check and Weigh-in (*FargoDome – Southwest Concourse*) 6:30 PM

Junior Women: Session I - Preliminaries and Consolations (*FargoDome - Main Floor*) 9:00 AM to 12:00 PM

TUESDAY JULY 20

Junior Women: Session I - Preliminaries and Consolations (*FargoDome - Main Floor*) 9:00 AM to 12:00 PM

Junior Women Freestyle: Session II - 1/8 Championship and Consolations 4:00 PM to 7:00 PM

Wednesday, July 21

Junior Women Freestyle: Session III Quarterfinals and Consolation 9:00 AM to 12:00 PM

Junior Women Freestyle: Session IV Finals, Medal Matches & Awards 1:30 PM 2:30 PM to 4:30 PM

GRECO-ROMAN NATIONAL CHAMPIONSHIPS U16

TUESDAY JULY 20

Cadet Greco-Roman Medical Check and Weigh-in (*FargoDome Southwest Concourse*) 4:30 PM

Wednesday, July 21

Cadet Greco-Roman: Session I - Preliminaries and Consolations 9:00 AM to 1:00 PM

Cadet Greco-Roman: Session II - 1/8 Championship, Quarter-Final and Consolations 5:00 PM to 9:00 PM

Thursday, July 22

Cadet Greco-Roman: Session III Semi-Finals and Consolation 9:00 AM to 12:00 PM

Cadet Greco-Roman: Session V Finals, Medal Matches & Awards 2:00 PM to 4:00 PM

GRECO-ROMAN NATIONAL CHAMPIONSHIPS JUNIOR

Wednesday, July 21

Junior Greco-Roman Medical Check and Weigh-in (*FargoDome Southwest Concourse*) 4:00 PM

Thursday, July 22

Junior Greco-Roman: Session I - Preliminaries and Consolations (*FargoDome - Main Floor*) 9:00 AM to 1:00 PM

Junior Greco-Roman: Session II – 1/8 Championship and Consolations 4:30 PM to 8:30 PM

Friday, July 23

Junior Greco-Roman: Session III – Quarter-Finals, Semi-Finals and Consolation 9:00 AM to 12:30 PM

Junior Greco-Roman: Session IV Finals, Medal Matches & Awards 2:00 PM – 4:00 PM