



# Southern Section

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TO: CIF-SS GIRLS WRESTLING COACHES

FROM: GLENN MARTINEZ: ASSISTANT COMMISSIONER  
ROB FROH: CIF-SS GIRLS INDIVIDUALS CHAMPIONSHIP SERIES TOURNAMENT DIRECTOR

RE: 2017 CIF SOUTHERN SECTION GIRLS WRESTLING CHAMPIONSHIP TOURNAMENT  
FEBRUARY 10 & 11, 2017  
ROOSEVELT HIGH SCHOOL

DATE: JANUARY 15, 2017

### TOURNAMENT MANAGERS

Mike Cataline will serve as the Tournament Manager for the CIF-SS Championship Tournament.

### RULES

National Federation Rules will govern the conduct of this tournament except where modified by the CIF-SS Blue Book.

**The top 8 wrestlers from each weight class qualify for the CIF State Girl's Invitational Wrestling Championship Tournament on February 24<sup>th</sup> and 25<sup>th</sup>.**

### DATES AND TIMES

#### **FRIDAY, FEBRUARY 10, 2017**

Coaches and Wrestler's Check in (Mandatory)	8:30 a.m.
Weigh-in and grooming check	9:00 a.m.
<b>(NOTE: All wrestlers must be present at 9:00 a.m. to weigh-in.)</b>	
Officials/Coaches Meeting – Final Brackets	10:30 a.m.
Wrestling begins	11:00 a.m.
1 <sup>st</sup> Championship Round	11:00 a.m. – 2:30 p.m.
2 <sup>nd</sup> Championship Round/1 <sup>st</sup> Consolation Round	2:30 p.m. – 6:00 p.m.
2 <sup>nd</sup> Consolation Round	6:00 p.m. – 7:00 p.m.
3 <sup>rd</sup> Championship Round/3 <sup>rd</sup> Consolation Round	7:00 p.m. – 9:30 p.m.

#### **SATURDAY, FEBRUARY 11, 2017**

Coaches and Wrestler Check in	7:30 a.m.
Weigh-in	8:00 a.m.
<b>(NOTE: All wrestlers still in the tournament MUST be present AND weigh-in.)</b>	
Wrestling begins	10:00 a.m.
4 <sup>th</sup> Consolation Round	10:00 a.m. – 11:00 a.m.
Championship Semi-Finals/5 <sup>th</sup> Consolation Round	11:00 a.m. – 12:30 p.m.
Consolation Semi-Finals	12:30 p.m. – 2:00 p.m.
All Medal Matches	2:00 p.m. – 5:00 p.m.

**Medal Presentations for places #1-#8 will take place during Finals Matches.**



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**Approximate times listed. Each succeeding round will begin at the conclusion of the previous round, providing wrestlers have the required amount of rest time between matches. Coaches and wrestlers should remain in close proximity to the gym in order to be ready for each match.**

#### WEIGH-IN AND GROOMING CHECK

Each coach is expected to be present to identify his or her wrestlers on both days at the beginning of weigh-ins to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-ins. Weigh-ins will be conducted by female weight masters. They will check conformance as required by the National Federation 2016-2017 Rule Book. **All wrestlers must be present in the weigh-in area at the beginning of weigh-ins and are not allowed to leave until their weigh-in is completed.** All weigh-ins will begin with the 101 lb. weight class and proceed in order up to the 235 lb. class. When all wrestlers for a weight class have had the opportunity to weigh-in and the next class is called, that weight class is closed. The two-pound growth allowance will be in effect, as well as an additional one pound on Saturday for consecutive days of wrestling.

It is the responsibility of the head coach to verify that his wrestlers are properly groomed and equipped to wrestle. Before they arrive at the tournament they should examine their wrestlers and their equipment to make sure of the following things:

1. Their nails are clipped short and smooth
2. Their hair is cut properly or they bring a hair cover (NFHS Rule 4-3-1a)
3. They bring a mouthpiece to protect both their top and bottom teeth if they have braces
4. Their laces are properly tied, secured in an acceptable fashion (velcro strap, tape).
5. Headgear should provide adequate protection and have no tape or crossed straps.
6. If there are any questionable skin conditions they should start treatment and bring the correct form signed by a doctor. ...Final decision on skin questions will be made by designated Tournament Doctor/Meet Director.

#### WEIGH-IN ATTIRE

*The CIF Southern Section mandates that all female wrestlers weigh-in wearing suitable undergarments that completely cover the buttock and groin area. Female contestants must also wear a suitable undergarment that covers their breasts.*

*NFHS Case Book 4-5-7: Comment Examples of suitable undergarments covering the buttocks and groin area include: briefs, boxers, and shorts. Examples of suitable undergarments that cover the breasts include: a t-shirt or sports bra.*

*A reminder that the TrackWrestling Program is different for girls in reference to minimum body fat of 12% for females.*

#### WEIGHT CLASSES

The following weight classes will be in effect for the CIF Girl's Championship Meet:

101 Pounds   106 Pounds   111 Pounds   116 Pounds   121 Pounds   126 Pounds   131 Pounds  
137 Pounds   143 Pounds   150 Pounds   160 Pounds   170 Pounds   189 Pounds   235 Pounds

Note: The 2 pound growth allowance will be used in accordance with the National Federation Wrestling Rules, as well as the additional one pound on Saturday for consecutive days of wrestling.

### ENTRIES PER WEIGHT CLASS

The top 8 wrestlers from each weigh class in each of the four Regional Qualifying Tournaments will advance to the CIF Girl's Individual Championship. There will be a 32 person bracket for each weight class. There will be no alternates.

This Southern Section Girl's Wrestling Individual Championship is a qualifying tournament for the CIF State Girl's Wrestling Invitational Tournament, which will take place on Friday, February 24<sup>th</sup> and Saturday, February 25<sup>th</sup> at Visalia Convention Center in Visalia, CA.

**The top 8 wrestlers from each weight class of the CIF Southern Section Championship will qualify for the Girl's State Invitational Tournament.**

### SEEDING MEETING

A seeding meeting will be conducted on Thursday, February 9<sup>th</sup>, 2017 by CIF Girl's Advisory Board to determine the top 8 wrestlers in each weight class for each region. The rest of the bracket will be filled in by computer generated random draw. ONLY TOURNAMENTS WITH POSTED RESULTS WILL BE CONSIDERED FOR SEEDING.

### PAIRINGS

Pairings for the Girl's Championship Meet will be done utilizing a computer program, which includes a random number generator that will select a formula for each weight class. This is a 32 person, double elimination tournament. Byes for the first round will be determined by a random draw. Please do not call the CIF-SS office for the draw; it will be available Friday at the Championship Meet or TMI.

### ENTRY

There will be no entry fee charged for the Southern Section Championship Meet.

### COACHES

During the tournament competition, a maximum of two team coaches will be permitted to sit in the restricted area. Facilities permitting, coaches shall be seated at least ten feet from the official's table and the edge of the mat.

### AWARDS

Individual Medals will be awarded for places #1-8. There will also be team plaques for the Championship and Runner-up.

### ALTERNATES

There will be no alternates for the Southern Section Championship Meet. There will be a random draw at the end of Consolation Round 4 for those that don't win in that round to determine an order for alternates (1-4) in the event that one of the 8 qualifiers for state meet cannot attend. The coach of the girl that cannot attend the state meet must notify the CIF office no later than 6:00 pm Friday, February 17<sup>th</sup> so that the alternate(s) can be notified that they are in. The alternate will move into the 8<sup>th</sup> spot and the other qualifiers will roll up. Our official list of qualifiers for the state meet is due to the State CIF Office on Monday, February 20<sup>th</sup>. No changes or alternates will be allowed after that.

## ADMISSION

**The ticket booths will be open at 10:30 a.m. on Friday, February 10<sup>th</sup> and at 9:30 Saturday, February 11<sup>th</sup>. Please let your spectators know.** This is a CIF-SS sponsored event. Registered Participants will be provided admission free of charge.

**Any high school athlete/teammate not competing will have to pay ticket price to gain entry.**

### Friday, February 10, 2017

Adults - \$10.00

Students - \$5.00 (with valid student I.D.)

Children - \$5.00 (Ages 3-13)

### Saturday, February 11, 2017

Adults - \$12.00

Students - \$5.00 (with valid student I.D.)

Children - \$5.00 (Ages 3-13)

## LOCKER ROOMS

Locker rooms will not be provided. Valuables should NOT be left in the gymnasium. Teams should make arrangements for their protection.

## PHOTOGRAPHERS

**No photographers are allowed on the floor during the competition.**

## LOCATION OF ELEANOR ROOSEVELT HIGH SCHOOL (SEE ENCLOSED MAP)

Eleanor Roosevelt High School

7447 Scholar Way

Eastvale, CA 92880

(951) 738-2100 Ext. 1111

## PARKING

Use the School Parking Lot.

## CIF PASSES HONORED

2016-2017 CIF Southern Section Courtesy Cards and CIF Southern Section Life Passes will be honored. They should be presented at the gate for admission. No CIF State, other section office, faculty or student passes will be honored at the regional meet.

## OFFICIAL CIF GIRL'S WRESTLING MERCHANDISE

CIF will have a concession stand open where CIF Wrestling shirts and other wrestling materials will be available for purchase while supplies last. Website [www.CIFtshirts.com](http://www.CIFtshirts.com) (See attached flyer)

## POST SEASON WORKOUTS

Female wrestlers who qualify for CIF post-season championship competition will be permitted to workout with female students from other high schools who have also qualified for the Girl's Southern Section Individual Championships following the close of the Regional Girl's Wrestling Qualifying Tournament (Monday, February 6<sup>th</sup>, 2017).

*Question: Would it be permissible for a wrestler who has qualified for the CIF Southern Section Individual Championships to practice with another wrestler who is a member of the high school team but not qualified for post-season individual competition?*

*Answer: Wrestlers who qualify for post-season individual championship competition will be permitted to workout following the close of the Regional Girl's Wrestling Qualifying Tournament with students from other schools who have qualified for individual championship competition.*

#### CIF STATE WRESTLING CHAMPIONSHIPS

This 2016-17 CIF State Championship will be a 24 person, double elimination tournament. The CIF Southern Section will have EIGHT (8) entries. Therefore, the top EIGHT (8) qualifiers from the Southern Section Girl's Individual Championships will be entered in the State Tournament. The CIF State Wrestling Championships will be held at VISALIA CONVENTION CENTER, VISALIA, CA on Friday, February 24<sup>th</sup> and Saturday, February 25<sup>th</sup>, 2017.

**Information on details of the State Tournament can be found on the CIF State website, [www.cifstate.org](http://www.cifstate.org).**





## ***Hotels near Eleanor Roosevelt High School***

- **Knights Inn Norco / Miraloma / Eastvale**
  - Norco
  - 2.8 out of 5 (17 reviews)
  - Distance from 7447 Scholar Way: 1.92 mi
  -
  
- **Howard Johnson Norco**
  - Norco
  - 3.5 out of 5 (70 reviews)
  -
  
- **Hampton Inn Norco-Corona-Eastvale**
  - Norco
  - 4.5 out of 5 (93 reviews)
  
- **Americas Best Value Inn & Suites - Ontario Airport**
  - Ontario
  - 3.7 out of 5 (13 reviews)
  - Distance from 7447 Scholar Way: 5.40 mi
  
- **Hampton Inn and Suites Riverside/Corona East**
  - Riverside
  - 4.6 out of 5 (240 reviews)
  - Distance from 7447 Scholar Way: 5.09 mi



- **Ayres Inn Corona East**

- Corona

- 4.6 out of 5 (246 reviews)

- Distance from 7447 Scholar Way: 5.30 mi

- **Holiday Inn Express and Suites Ontario Airport**

- Ontario

- 4.1 out of 5 (30 reviews)

- Distance from 7447 Scholar Way: 5.31 mi

- **Welcome Inn**

- Corona

- 3.0 out of 5 (63 reviews)

- Distance from 7447 Scholar Way: 5.40 mi

- **Ayres Suites Corona West**

- Corona

- 4.5 out of 5 (251 reviews)

- Distance from 7447 Scholar Way: 5.57 mi

-

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951-360-6086

Applebee's  
12375 Limonite Avenue  
Mira Loma, CA 91752  
951-360-8537

Chipotle Mexican Grill  
12411 Limonite Avenue  
Mira Loma, CA 91752



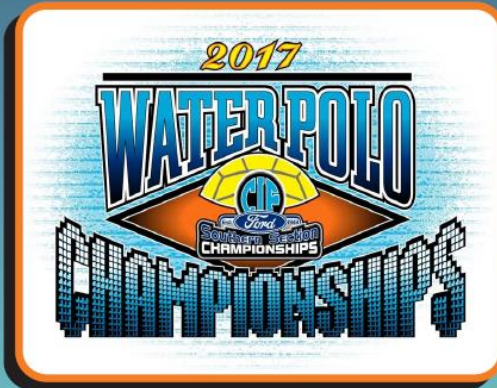
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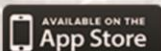


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### WHAT FOODS AREN'T CARBOHYDRATE?

Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

### HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?

Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



### PERFORMANCE CARBOHYDRATE TIMELINE

If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

### HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

*The information in this document is grounded in sports nutrition science, translated for athletes.*

## FUELING ATHLETIC PERFORMANCE

## PROTEIN FOR RECOVERY



### PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over, breaking down and rebuilding** with new amino acids from the diet.



### EXERCISE

Exercise **accelerates this process** and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.



### RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.



## TYPES OF PROTEIN

Consume **high-quality, complete protein sources** that are rapidly absorbed and rich in leucine.

## WHEY AND MILK PROTEIN ARE GREAT CHOICES



### WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery



### LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins



signifies when protein should be consumed



## EXAMPLE PROTEIN CONSUMPTION CYCLE

To get the most out of their workout, athletes should consume protein **regularly throughout the day.**

## RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that

**~20 g of protein**

is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

If you want to get specific for your athlete, calculate **0.25 g/kg**.

Check out [www.GSSIweb.org](http://www.GSSIweb.org) for more information on this topic and additional resources.



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