

29th Annual Quincy Notre Dame Wrestling Tournament

To be held at Quincy Notre Dame High School on Saturday, February 1, 2020

TEAMS: Camp Point Central, Chatham Glenwood, Illini West, Jacksonville HS, Kirkwood, Lanphier, Palmyra, Macomb, Pittsfield, Quincy Notre Dame, West-Hancock, Edwardsville JV, & Jacksonville ISVI

Officials: Ray Eickelschulte, Kirby Rogers, Dan Fulcher, Ted Brandon, Terry Morgan, Steve West

DIRECTIONS TO QND: Visit our web site, and then click on "DIRECTIONS" link which is located at the top of the page. It will give you directions from any location. Our web site address is www.qndwrestling.com

ROSTERS: Coaches will be required to send rosters by Wednesday 1/29 to adamsteinkamp@yahoo.com and we will input them into Track Wrestling. Please include any seeding information and records. If you have any questions, feel free to contact me directly @ 217-440-3046.

Seeding: We will seed/separate the top six wrestlers in each weight. This process has worked out very well the past 15 years, while saving a lot of time. Please place an asterisk (*) next to any wrestler you feel should be seeded and include on your roster all the information you consider relevant to seeding in this tourney.

WEIGH-IN: Weigh-in will be held in the QND Wrestling room, located downstairs next to the gym. We would like to begin the skin checks at 6:45 am so weigh-ins will be easier. Weigh-in will begin at 7:00 am.

AWARDS: Individual medals will be awarded to the 1st through 6th place finishers in each weight class. Team trophies will be awarded to the top four teams, along with a plaque for the Most Valuable Wrestler.

TRAINER: We will have certified athletic trainers available all day.

CONCESSIONS & Shirts/Equipment: Food will be served all day. We will once again be serving breakfast starting at 7:00 am. There will be a hospitality area for coaches. A huge variety of wrestling shirts, shorts, and equipment will also be on sale all day.

TEAM ENTRY FEE: \$250.00 Team Entry Fee due by January 25th. Please make the check payable to QND Wrestling & send it to Bill Connell (AD).

TOURNAMENT INFORMATION: Wrestling will begin at 9:00 AM

For any additional information, please contact Bill Connell (Athletic Director) @ 217-223-2509. If you have any questions, please feel free to contact me. We're looking forward to another great tournament and wish you and your squad an enjoyable and profitable experience.

Sincerely,

Adam Steinkamp QND Wrestling Coach

adamsteinkamp@yahoo.com E-mail

217-440-3046 Cell 217-223-0023 Fax