

**Itinerary for Inland Empire – Central Valley High School  
South 821 Sullivan Road, Veradale, WA 99037**

**Friday, December 7<sup>th</sup>**

- 10:00am Leave Kamiakin High School in vans/Suburbans
- 1:30 pm Weigh-Ins (+2lb allowance – 106=108)
  - o We weigh in at the Mirabeau Park Hotel
- 2:45pm arrive at Central Valley High School
- 3:30pm Wrestling begins
- 9:00pm Check in to hotel
  - o Hampton Inn  
16418 E Indiana Ave  
Spokane Valley, WA 99216
- 10:00pm Bed checks

**Saturday, December 8<sup>th</sup>**

- 6:55am Wake up
- 7:15am Leave for the high school
- 8:00am Weigh-Ins (+ the same 2lbs – 106=108)
- 10:00am Wrestling begins
- 5:00pm Depart for Kamiakin
- 8:00pm Arrive at Kamiakin

*You will be responsible for providing nutritious food for the day to refuel your body. Some examples include Turkey sandwiches on whole wheat (no cheese, mayo), Low sodium wheat thins, Rice Cakes, granola bars, bananas, coconut water, Gatorade, Meal Replacement shakes (Advocare, Ensure), Powerbars, etc.*

*Those that can eat on Friday night will be taken out to Subway for food. Bring money. We will also stop in Ritzville on the way home on Saturday night to eat at Subway.*

Make sure you have all of your wrestling gear (shoes, singlets, head gear, mouth guards, hair nets, etc.). Bring a towel so that you can shower after you are done wrestling on Saturday.

**Rules and expectations**

- ♦ Wrestlers will display good sportsmanship, teamwork, integrity, and excellence for the entire trip.
- ♦ All Kamiakin High Wrestlers and participants will follow the directions of the coaching staff and remain in good standing with the coaching staff the entire trip.
- ♦ Wrestlers are to notify the coaching staff of their whereabouts through the entire trip. Wrestlers are not to leave any facility the team is without coach approval.
- ♦ Wrestlers are expected to stay and support their teammates for every match.
- ♦ Wrestlers will wrestle every match required unless deemed sick or injured by the coaching staff.