

Itinerary for Gut Check (January 3rd-5th)

Accesso Showare Center - 625 W James St, Kent, WA 98032

Gut Check is one of the premier tournaments in the nation. This will be an individual tournament which will consist of our top Varsity wrestlers. Matches will be streamed on <http://www.flowrestling.org>

Thursday, January 3

- 12:15 pm Leave Kamiakin on a school bus with Chiawana – Wrestlers are excused from 5-6 hour
- 5:00 pm Practice at the Accesso Showare Center
- 6:30 pm Go to the store for groceries – The fundraising account will buy items for sandwiches and snacks for the tournament and water. Any other items will need to be purchased by the athletes
- 7:30 pm Arrive at our hotel
 - o Red Lion - 25100 74th Ave S, Kent, WA 98032
- 8:30 Team meeting
- 9:30 lights out

Friday, January 4

- 5:45am Wake up and weight check
- 6:15am Leave the hotel
- 7:00am 1st Weigh- In (11lb allowance)
- 9:00am Wrestling starts

Saturday, January 5

- 6:45am Wake up and weight check
- 7:15am Leave hotel
- 8:00am 2nd Weigh- In (2lb allowance)
- 10:00am Wrestling Starts
- We will leave after we receive our medals.

What to bring:

You will need to provide any additional snack food and drinks. We will stop at a grocery store on Thursday for those that need food.

- o Snack items are...
 - Sandwiches, bagels, fruit, granola bars, Gatorade, crackers, etc...

Make sure you have all of your wrestling gear (shoes, singlets, head gear, etc.). Extra clothes for each day we are there. Bring a towel to the accesso Showare Center on Saturday so you can shower after your last match.

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 will wrestle every match required unless deemed sick or injured by the coaching staff.