

SALEM YOUTH WRESTLING K-2ND "2009"

#1	MARK JENSEN (PAYSON).....	465-7918
#2	LUKE MATHEWS (PAYSON).....	465-4983
#3	BRETT HARMON (PAYSON).....	465-4994
#4	JESSE CARRILLO (PAYSON).....	465-2358
#5	WILLIAM JERAULD (PAYSON).....	465-4144
#6	CHUCK HARMON (SALEM).....	420-0901
#7	BRANDON LIMB SALEM).....	423-1410
#8	BRAD HUFF (SANTAQUIN).....	754-1473

MATCH SCHEDULE

Wilson Elementary – 500 South 590 West

Salem Hills High (Wrestling Room)

150 N. Skyhawk Blvd.

Santaquin Elementary – 25 South 400 West

	Nov. 17 Tues.	Nov. 19 Thurs.	Nov. 24 Tues.
6:00 Wilson East	5 VS 3	5 VS 6	3 VS 4
6:00 Wilson West	4 VS 1	2 VS 1	1 VS 7
6:00 Wilson Cafeteria West			2 VS 5
6:00 Salem Hills High	6 VS 2	4 VS 7	8 VS 6
6:00 Santaquin (Elementary)	7 VS 8	3 VS 8	
	Dec. 3 Thurs.	Dec. 8 Tues.	Dec. 10 Thurs.
6:00 Wilson East	2 VS 3	1 VS 3	3 VS 6
6:00 Wilson West	6 VS 1	4 VS 2	4 VS 5
6:00 Wilson Cafeteria West	8 VS 4	5 VS 8	
6:00 Salem Hills High	7 VS 5	6 VS 7	2 VS 7
6:00 Santaquin (Elementary)			8 VS 1
Dec. 14 Mon.		Dec. 15 Tues.	
League Tournament Weigh In		League Tournament	
@Wilson School		@Payson High Main Gym	
5:00-7:00		5:00 Check In	

Other Invitational Tournaments (Not Included In League)

North Summit Nov. 14* Mapleton Nov. 21* Salt Lake Slam (Heber City) Dec. 5* Spanish Fork Dec. 12*

League Rules

1. Wrestlers are encouraged to wear Wrestling singlets, shoes and headgear. (No Bare Feet)
2. To prevent the spread of disease wrestlers are required to bathe once a week (daily is highly encouraged)
3. No Parents Allowed on Mats. Restricted traffic will help keep the mats CLEAN.
4. **No Parents Allowed on Mats. Wrestlers and Coaches only.** Parents should cheer from spectator area.
5. Please remember we are guest in the School Facilities. Please show proper respect. No Food Or Drinks

Salem Youth Wrestling Notes:

- 1. Wrestlers are asked to wear wrestling shoes on wrestling areas only. Please wear different shoes in the parking lot, at home while feeding the dog.**
- 2. Saturday tournaments are listed on the bottom of the wrestling schedule. Wrestlers who desire to attend these tournaments can find more information on line at www.rockymountainwrestling.com**
- 3. Salem Vipers Wrestling Team. After the completion of the regular season we will offer our freestyle traveling team. This team is for youth that are interested in additional wrestling at an advance pace. Early registration is January 5th.**
- 4. League match format. Wrestlers should arrive 20 minutes prior to scheduled match time. Wrestlers should check in with the coach to let him know they are present, so he can assign them matches. Prior to leaving for the evening wrestlers should check in with the coach to make sure they do not have additional matches.**