

# Linn-Mar Wrestling Club 2024-25 Team Tournament Schedule

*\*When registering for tournaments, **Team Name: LMWC***

*\*We will have coaches at the listed tournaments*

*\*Registration is the responsibility of the parent/ guardian  
(check each form for registration information and deadlines)*

*\* Transportation to and from each tournament is the responsibility of the  
parent/guardian*

<b>Dec. 15<sup>th</sup> - Western Dubuque (Epworth)</b>	<i>Western Dubuque HS</i>
<b>Dec. 22<sup>nd</sup> - CR Prairie Hammerin' Hawks</b>	<i>CR Prairie HS</i>
<b>Jan. 12<sup>th</sup> - Linn-Mar</b>	<i>Linn-Mar HS</i>
<b>Jan. 19<sup>th</sup> - Solon</b>	<i>Solon HS</i>
<b>Jan. 26<sup>th</sup> - Iowa City High</b>	<i>Iowa City High HS</i>

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<b>Feb. 9<sup>th</sup>- Iowa AAU Districts (3rd-8th)</b>	<i>CR Prairie HS</i>
<b>Mar. 1<sup>st</sup>/2<sup>nd</sup> - Iowa AAU State</b>	<i>Wells Fargo Arena, Des Moines</i>
<b>Mar. 8<sup>th</sup>/9<sup>th</sup>- Iowa AAU SuperPeeWee State (K-2nd)</b>	<i>Young Arena, Waterloo</i>

*\*Wrestlers competing in the postseason must have an AAU card to register*



DAN GOTTO

LITTLE BOBCAT

## Wrestling Tournament

(In 2023 we had 320 wrestlers done wrestling in under 3.5 hours)

**DATE:** Sunday, December 15<sup>th</sup>, 2024  
**LOCATION:** Western Dubuque High School - 302 5<sup>th</sup> Ave. SW, Epworth, IA 52045  
**WEIGH-IN:** 8:00am – 9:00 am (wrestling starts at 10:00 am or when brackets are complete)  
**CLINIC:** 9:00am – 9:45am (fundamental technique clinic performed before wrestling begins)

**DIVISIONS:** Pre-K & K 1<sup>st</sup> & 2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup> 7<sup>th</sup> & 8<sup>th</sup>  
*\* There will be a division for girls and it will be bracketed as numbers / weights allow*

**FORMAT:** 4-person round robin format when possible (1-1-1 periods)  
Pre-K – 4<sup>th</sup> wrestle on ½ mats 5<sup>th</sup> - 8<sup>th</sup> wrestle on full mats (90-90-90)  
Pre-K & K no match score will be kept. Advanced K may move up if desired  
**AWARDS:** Pre-K & K → Trophies 1<sup>st</sup> - 8<sup>th</sup> → 1<sup>st</sup> Medal & Stocking Hats 2<sup>nd</sup> - 4<sup>th</sup> Medal

**CONCESSIONS:** Breakfast & Lunch served (No coolers allowed)

**ADMISSION:** \$5 Adults \$3 Students

**INFORMATION:** For additional information please feel free to contact WD youth coach Matt Davis at [rmdavis441@gmail.com](mailto:rmdavis441@gmail.com)

**PRE-REGISTRATION:** \$20 pre-registration must be done online at [trackwrestling.com](http://trackwrestling.com) by December 14<sup>th</sup> at 10 pm or \$25 at the door for walk-ins. No phone or email entries. Search “Dan Gotto Little Bobcat Wrestling Tournament”

Information is available on [iawrestle.com](http://iawrestle.com) and also on the IWCOA website - click on youth schedule.

Please rate your wrestler’s skills as follows:

1. Excellent (state qualifier and/or place winner)
2. Good (more wins than losses last season)
3. Average (50/50 or lower last season)
4. Beginner (Beginning wrestler that has been in a few tournaments)

When entering your team, make sure your team is not already listed!

Separation Criteria first by team, then by skill. It is YOUR responsibility to make sure you have the EXACT same team as your teammates. For example, “Western Dubuque” and “Little Bobcats” are not the same team. This will affect separation criteria in your bracket. Contact: For Tournament Questions

Mike McKenna  
(563) 542 3064  
[mikedmckenna@msn.com](mailto:mikedmckenna@msn.com)

Matt Davis  
(563) 543 4840  
[rmdavis441@gmail.com](mailto:rmdavis441@gmail.com)

Updates: For tournament updates and weather delays, visit:

Facebook: Western Dubuque Wrestling  
Twitter: @WD\_Wrestling

# 2024 Hammerin' Hawks Christmas Classic

*Wrestling with a Competitive Spirit and in the Spirit of the Holidays*

**Where:** Cedar Rapids Prairie High School 401 76th Ave, SW Cedar Rapids, IA

**When:** Sunday December 22, 2024

**Divisions:** *Girls Only* (All Divisions)  
PreK-K (Super Pee-Wee)  
1st-2nd (Pee-Wee)  
3rd-4th (Bantam)  
5th-6th (Novice)  
7th-8th (Junior)



**Weigh-In:** 7:00 AM- 7:45 AM PreK-4th Boys & ALL Girls Only Divisions  
11:00 AM- 11:45 AM 5th-8th Boys Divisions

**Start:** 8:45 AM PreK-4th Boys & ALL Girls Only Divisions approximately  
1:00 PM 5th-8th Boys

**Format:**

	Period Length		Mat
PreK-6th	1-1-1	PreK-2nd	Half
7th-8th	2-1-1	3rd-8th	Full

**Awards:** 1st-8th Place Receive Custom Medals  
Wall Brackets and Santa Hat to Champions

**Certified Iowa High School Athletic Association Officials**

**Registration Fee: \$25.00 NO WALK-INS, NO CALL-INS, NO REFUNDS**

**Registration limited to the first 675 wrestlers, 8-man brackets when possible**

**Register on [www.trackwrestling.com](http://www.trackwrestling.com)**

Honesty and accuracy must be exercised in ranking your wrestler for best competition. Weights will be determined at weigh-ins. Please select N/A for weight on track.

**Deadline:** December 21, 2024 at 8:00pm.  
No additional registrations will be accepted after this time.

**Admission:** Cash Only - \$5 Per Person

**Coaching Wristband:** Cash Only - \$10 Per Person (Includes Admission)

**Concessions:** Available all day - No outside coolers allowed

**Contact information:** hammerinhawkswrestlingclub@gmail.com  
Teresa Kness 319-651-3694



# ***LMWC WRESTLING TOURNAMENT***

**Sunday, January 12<sup>th</sup>, 2025**

**LINN-MAR HIGH SCHOOL  
3111 N. 10th Street - Marion, IA**

- \* **8 - Man Bracketing**, True 3rd – (When Possible)    \*\*\***All Girls Divisions During the Afternoon Session**
- \***Divisions:** PK & K (MM)    1 & 2 (NOVICE)    3 & 4 (INTERMEDIATE)    5 & 6 (JR)    7 & 8 (SR)
- Senior Division will wrestle 2-1-1 periods, all certified referees**
- \* **Awards:** AM Session – 1<sup>st</sup> Place T-shirt    2<sup>nd</sup> – 8<sup>th</sup> Place Medals  
PM Session - 1<sup>st</sup> Place T-shirt    2<sup>nd</sup> – 8<sup>th</sup> Place Medals
- \* **All Girls Division** –The all-girls division will compete in the PM Session
- \* **WEIGH IN:** Grades P K – 4:    7:00am - 8:00am sharp    \* Wrestling starts at 8:30am, done by 12:15pm  
Grades 5 – 8:    11:00am - Noon    \* Wrestling starts approx. 12:30pm to 4:30pm  
Girls Division:    11:00am - Noon    \* Wrestling starts approx. 12:30pm to 4:30pm
- \* **ENTRY FEE: \$25.00**    Registration will be on Trackwrestling **ONLY!**
- \* Trackwrestling entries **MUST** be **SUBMITTED** by Saturday– January 11<sup>th</sup>, 2025 by Noon!  
**TOURNAMENT WILL BE LIMITED TO 600 ENTRIES**
- \* Tournament Cancellation Policy is Outlined in Trackwrestling
- \* **NO WALK – INS, NO CALL-IN, NO E-MAIL REGISTRATIONS ACCEPTED!!**
- For tournament info:** E-mail: [linnmarwrestling@gmail.com](mailto:linnmarwrestling@gmail.com)  
(This form is also available at: [www.linnmarwrestling.com](http://www.linnmarwrestling.com))

----- **Please Register & Enter the following Information through the Trackwrestling System**-----

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ \*Weight: \_\_\_\_\_  
Phone #: (\_\_\_\_\_) \_\_\_\_\_ Wrestling Club: \_\_\_\_\_ Record: Won \_\_\_\_\_ / Loss \_\_\_\_\_  
**Be honest on your record!!**  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

*The child named above has my permission to compete in the LMWC Wrestling Tournament. I hereby accept full responsibility for his / her participation & behavior. I waive all claims for injury, loss, or damages against the Linn-Mar Schools, the Linn-Mar Wrestling Club, Tournament Organizers & Officials.*

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\* Anyone exceeding weight by more than 3 lbs. may be disqualified from tournament with no refund of entry fee given!!



# SOLON LITTLE SPARTAN WRESTLING TOURNAMENT

## Sunday, Jan 19th 2025

**COST: \$25 pre-entry only, no walk-ins (limited to 425)**

**LOCATION: Solon High School; 600 W. 5th St. Solon, IA**

**Boys Weigh In 7:00am - 8:00am**

\*sessions begin once brackets are complete, between 8:30 and 9am, and will use 8 mats total

Pre K-K (Super Peewee)

Grades 1-2 (Peewee)

Grades 3-4 (Bantam)

**Boys Weigh In 11:00am - 12:00pm**

\*sessions begin once brackets are complete, between 12:30 and 1pm, and will use 6 mats combined with girls

Grades 5-6 (Novice)

Grades 7-8 (Juniors)

**Girls Weigh In 11:00am - 12:00pm**

\*sessions begin once brackets are complete, between 12:30 and 1pm, and will use 6 mats combined with boys

Pre K-K (Super Peewee)

Grades 1-2 (Peewee)

Grades 3-4 (Bantam)

Grades 5-6 (Novice)

Grades 7-8 (Juniors)

**Additional Info:**

- Registration is limited to 425, no walk-ins
- Spectators: Adults \$5; Children \$3
- Medals will be awarded to all wrestlers, trophies to champions
- Concessions will be available throughout the day
- NO COOLERS IN THE GYM

[Track Registration Link](#) (closes 6pm January 18th)

Questions: Matt Kroul; mdkroul@gmail.com



# CITY HIGH MATPAC WRESTLING CLASSIC

Sunday January 26<sup>th</sup>, 2025



**Location:** Iowa City High School  
1900 Morningside Dr.  
Iowa City, IA 52245

**Tournament Director:** Cory Connell 319-321-9097 [connell.cory@iowacityschools.org](mailto:connell.cory@iowacityschools.org)

**\*\*LIMITED TO THE FIRST 450 WRESTLERS\*\***  
**\*\*BOYS & GIRLS DIVISIONS\*\***

<u>Grade/Division</u>	<u>Weigh-Ins</u>	<u>Wrestling Time (approx.)</u>
PreK-K Super Peewee	7:00-8:00am	8:45-12:00
1-2 Peewee	7:00-8:00 am	8:45-12:00
3-4 Bantam	7:00-8:00 am	8:45-12:00
5-6 Junior	11:00-11:45 am	12:30-3:30pm
7-8 Senior	11:00-11:45 am	12:30-3:30pm

**Cost:** Pre-Registration: \$20

**Admission:** \$5 for adults, \$3 for children

**Pre-Register:** Online on [www.trackwrestling.com](http://www.trackwrestling.com) till full or Saturday, January 25<sup>th</sup>. We usually fill up so register early! Once full no exceptions.

**Awards:** All champions will receive a custom wall chart, gold medal & t-shirt. Medals will be awarded for the remaining place finishers.

**Rules:** 4-person round robin. Super Pee Wee, Pee Wee and Bantam divisions will wrestle 1-1-1. Junior and Senior divisions will wrestle 2-1-1. 1 minute overtime, then 30 second ultimate ride out coinflip will be used if necessary. IHSAA rules, headgear is optional.

**Officials:** Registered officials will be used for all wrestling

**Food:** There will be a concession stand with drinks, breakfast and lunch available.



## ***Iowa AAU Kids State Tournament***

***March 1st & 2nd, 2025***

***Wells Fargo Arena, Des Moines***

## ***State Qualifying District Tournaments***

***February 9<sup>th</sup>, 2025***

### **Divisions and Weight Classes (All Wrestlers Weigh in Singlet at Districts & State)**

- You must make the same weight at state as the weight class in which you qualified at Districts.
- Wrestlers are allowed to enter only one age division and weight class. Wrestlers can move up one grade division or weight class with parent consent. Grade in school is the primary determinant of division. Age can move a wrestler up a division but not down.
- Match Times: A & B Divisions: 1-1-1                      C Division: 1.5-1.5-1.5

**A Division – 3<sup>RD</sup> & 4<sup>TH</sup> Grade:** 50, 54, 57, 60, 63, 66, 69, 72, 75, 78, 82, 86, 90, 95, 100, 110, 125, 145, 170(MAX)  
If your 12<sup>th</sup> birthday is in 2025 you must move up a division. 2<sup>nd</sup> graders may enter with parent consent. NO 1<sup>st</sup> graders

**B Division – 5<sup>TH</sup> & 6<sup>TH</sup> Grade:** 60, 65, 70, 74, 77, 80, 83, 86, 89, 93, 98, 103, 108, 114, 120, 128, 138, 148, 160, 180, 215(MAX)  
If your 14<sup>th</sup> birthday is in 2025 you must move up a division.

**C Division – 7<sup>TH</sup> & 8<sup>TH</sup> Grade:** 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 260 (MAX)  
If your 16<sup>th</sup> birthday is in 2025 you are ineligible. **No 9<sup>th</sup> Graders.** \*\* A wrestler can only compete in C Division for TWO total years

### **Brackets & Match Times**

**Districts:** 6 or less wrestlers: Round Robin. Above six wrestlers brackets will be 8, 16, or 32 man cross bracket. Wrestlers will be assigned by random draw and wrestlers from same club will be separated as much as possible. We wrestle out to 5<sup>th</sup> place. No 2<sup>nd</sup> place wrestle back. Will wrestle to true 4<sup>th</sup>.  
**Top 4 finishers at each weight qualify for state.** If any of the top 4 do not sign up, next in order of finish become eligible.

**State:** Wrestlers are placed in a bracket according to a rotating formula using district finishes. Wrestle through 8 places. No 2<sup>nd</sup> place wrestle back.

### **Awards**

Top 4 medal at Districts. Top 8 medal at State. **State Champions Earn State Champ Customized Apparel**

### **Entry Information**

- Must **bring 2025 AAU card to District** Tournament.
- All AAU cards must be purchased prior to Districts—NOT sold at door. Purchase online at: [www.aausports.org](http://www.aausports.org).
- You must **bring a copy of your Birth Certificate to districts** to be allowed to wrestle. AAU card is not proof of age.
- Team you register to wrestle for at Districts is same team you will wrestle for at State. You **cannot change after Districts.**
- **Girls CANNOT wrestle at Boys Districts.** The Girls State Tournament is March 8-9 in Cedar Rapids.

### **Districts**

- \$25.00 entry fee if register in advance at: [www.trackwrestling.com](http://www.trackwrestling.com)
- \$35.00 to enter at door. **NO Mail In Entries**
- District Admission: \$8.00 ages 6 and up. Free for kids 5 & under.
- Coaches: **AAU Non Athlete Card required** and will get FREE Admission and FREE Coaches Band at districts. **This Card Must Be Purchased PRIOR to Districts—Not Sold at Districts**

### **State**

- \$35.00 Entry Fee for State Qualifiers
- **Must enter for State ONLINE on the day you qualify.** State info will be given at districts once you qualify and will be available online at [www.iowaaaawrestling.com](http://www.iowaaaawrestling.com)
- **Saturday March 1st:** A & B Divisions start at 8 AM C Division starts at approximately 3 PM (Doors open 7AM)
- **Sunday March 2nd:** All Divisions: Grand March at 8:30 AM and Wrestling Starts at 9:00 AM (Doors open 7:30 AM)

**Questions:** Email Wes Creason at: [aauwrestlingiowa@gmail.com](mailto:aauwrestlingiowa@gmail.com)

## Guidelines

- Wrestlers **must provide copy of AAU Card and Birth Certificate at Districts.**
- No Wrestlers below 2<sup>nd</sup> grade at Districts.
- **A wrestler can only wrestle TWO years in the grades 7-8 division**
- AAU clubs must be on file by districts to be eligible for team awards at state.
- You must enter district qualifier for your county of residence unless your school is in another district in which case you may enter district tournament that your school is in. In this case you must have copy of your report card as proof of your school.
- You must be an Iowa resident or be enrolled in an Iowa school to be eligible. Bring proof of enrollment if not an Iowa resident.
- Siblings from the same household must wrestle in the same district.
- All AAU club members must register at districts to represent your club at state.
- All wrestlers must weigh in **wearing a singlet**. If you weigh more or less than the weight class you registered for via TrackWrestling for districts, you can change weight classes at the tournament during weigh ins.
- Any violation of age, grade, or residence requirement will result in disqualification for the state tournament.

## District Qualifying Sites

- Sites are listed below: **Pay attention to which county your district is in.**
- You can only attempt to qualify at your district (county where you live or you go to school) not the county in which your club is located
- Find your district and register at: [www.trackwrestling.com](http://www.trackwrestling.com)
- **Deadline to Register on Trackwrestling:** Saturday, February 8th at NOON
- Do **NOT** mail entry. \$25.00 online entry; \$35.00 walk in
- **Pay Attention to the Weigh In Times For Your District**

<p><b>District 1 – Northwest</b>  <b>Weigh in time:</b> All Grades from 7-8 AM  <b>Contact:</b> Clint Koedam            Phone: 712-870-3099  <a href="mailto:koedacli@sbschools.com">koedacli@sbschools.com</a></p> <p>Includes counties of: Buena Vista, Cherokee, Clay, Dickinson, Emmet, Ida, Lyon, O’Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac Sioux, and Woodbury.</p>	<p><b>District 5 – East</b>  <b>Weigh in time:</b> Grades 3-6 from 7-8 AM            Grades 7-8 from 1:00 - 2:00 PM  <b>Contact:</b> Mark or Kathy Trizzino            Phone: 563-349-4245  <a href="mailto:trizzihawks@aol.com">trizzihawks@aol.com</a></p> <p>Includes counties of: Cedar, Clinton, Dubuque, Jackson, Louisa, Muscatine, and Scott</p>
<p><b>District 2 – North Central</b>  <b>Weigh in time:</b> All Grades from 7-8 AM  <b>Contact:</b> Chad Beaman            Phone: 515-368-3511  <a href="mailto:cbeaman@humboldt.k12.ia.us">cbeaman@humboldt.k12.ia.us</a></p> <p>Includes these counties: Boone, Calhoun, Franklin, Greene, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Marshall, Story, Webster, Winnebago, Worth and Wright</p>	<p><b>District 6 – Southeast</b>  <b>Weigh in time:</b> Grades 3-6 from 7-8 AM            Grades 7-8 from 1:00-1:30 PM  <b>Contact:</b> Mike Bowlin            Cell#: 319-471-2832  <a href="mailto:Southeastdistrict6@aol.com">Southeastdistrict6@aol.com</a></p> <p>Includes these counties: Appanoose, Davis, Des Moines, Henry, Jasper, Jefferson, Keokuk, Lee, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, and Washington</p>
<p><b>District 3 – Northeast</b>  <b>Weigh in time:</b> All Grades from 7-8 AM  <b>Contact:</b> Jordan Alborn            Phone: 319-230-7154  <a href="mailto:jordan.alborn@gmail.com">jordan.alborn@gmail.com</a></p> <p>Includes these counties: Allamakee, Blackhawk, Bremer, Butler, Cerro Gordo, Chickasaw, Clayton, Floyd, Fayette, Grundy, Howard, Mitchell, and Winneshiek</p>	<p><b>District 7 – South Central</b>  <b>Weigh in time:</b> All Grades 7-8 AM  <b>Contact:</b> Matt Young            Phone 515-681-3262  <a href="mailto:matt.young@indianola.k12.ia.us">matt.young@indianola.k12.ia.us</a></p> <p>Includes these counties: Clarke, Dallas, Decatur, Lucas, Madison, Polk, Warren, and Wayne</p>
<p><b>District 4 – Mid East</b>  <b>Weigh in time:</b> All Grades from 7-8 AM  <b>Contact:</b> Derrick Ball            Phone: 563-299-3933  <a href="mailto:dball@crprairie.org">dball@crprairie.org</a></p> <p>Includes these counties: Benton, Buchanan, Delaware, Iowa, Johnson, Jones, Linn, and Tama</p>	<p><b>District 8 – Southwest</b>  <b>Weigh in time:</b> Grades 3-6 from 7-8 AM            Grades 7-8 from 11 AM - 12 PM  <b>Contact:</b> Matt Fletcher            Phone: 402-960-6840  <a href="mailto:matt@powerhousewrestlingclub.com">matt@powerhousewrestlingclub.com</a></p> <p>Includes these counties: Adair, Adams, Audubon, Carroll Cass, Crawford, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattomie, Ringgold, Union, Shelby, and Taylor</p>



**2025 IOWA AAU STATE CHAMPIONSHIP**  
**March 1st & 2nd**  
**Wells Fargo Arena, Des Moines**

**Qualifying**

You must place in the top 4 at your district on Feb. 9th to qualify for the State Tournament. Entry fee is \$35.00. Information for registering for state will be given at districts to state qualifiers.

**State Weigh-ins**

**Location:** HyVee Hall at Iowa Events Center on Level one: 730 3<sup>rd</sup> St. Des Moines, IA 50309

**Date:** Friday Feb. 28<sup>th</sup> between 5 PM and 7:30 PM. You must make the same weight class in which you qualified. You are required to weigh in with your singlet on.

**Schedule**

**Saturday, March 1<sup>st</sup>**

Grades 3-6: Doors open at 7:00 AM & Wrestling begins at 8:00 AM on 15 mats

Grades 7-8: Wrestling begins at conclusion of Grades 3-6: Approximately 3:00 PM on 15 Mats

**Sunday, March 2<sup>nd</sup> :** Doors open at 7:30 AM. Grand March at 8:40 AM  
Wrestling will begin at 9:00 AM on 10 Mats

**Brackets**

Brackets will be released on TrackWrestling by Sunday, Feb 23rd at 7:00pm. Wrestlers are NOT allowed to change school/club between districts and state. Brackets with 8 wrestlers or less will wrestle to completion on Saturday in all divisions. Any brackets larger than 8 wrestlers will wrestle until 8 wrestlers remain on Saturday and will be completed on Sunday.

**Admission**

<b>Adult 1 Day Admission: \$18</b>	Sold at Arena: No re-entry
<b>Adult 2 Day Admission: \$30</b>	Sold at Weigh Ins & Arena: Allows re-entry
<b>Youth 1 Day Admission: \$12</b>	Sold at Arena: No re-entry
<b>Youth 2 Day Admission: \$20</b>	Sold at Weigh Ins & Arena: Allows re-entry
<b>Floor Access &amp; 2 Day Admission: \$55</b>	Gets you on the floor but not on the mat to coach. Includes Admission.
<b>Coach's Band: \$45</b>	Includes admission both days. <b><u>Must purchase AAU Card prior to event.</u></b>

**Trainers**

Certified trainers will be available. Make sure any skin conditions are controlled and covered by a doctor's note.

**Questions**

Information will be posted at: [www.iowaaauwrestling.com](http://www.iowaaauwrestling.com) . For other questions and **press passes** please email Wes Creason, head of Iowa AAU Wrestling at: [aauwrestlingiowa@gmail.com](mailto:aauwrestlingiowa@gmail.com)