

2010 NCAA DIVISION II SUPER REGIONAL FOUR/ RMAC WRESTLING CHAMPIONSHIPS HANDBOOK



FEBRUARY 27, 2010

HOSTED BY:



*Athletic Excellence at the
Top of the Nation*

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ADAMS STATE COLLEGE
TOURNAMENT PERSONNEL

Mailing Address

Adams State College
Plachy Hall
208 Edgemont Blvd.
Alamosa, Co. 81102

Main Athletics Phone: 719-587-7401
Athletics Fax: 719-587-7276

www.ascgrizzlies.com

Host Athletic Director

Larry Mortensen
Director of Athletics
lsmorten@adams.edu

Ph: 719-587-7402
Cell: 719-580-1756

**Tournament Director/
Sports Information**

Chris Day
Assoc. AD / SID
clday@adams.edu

Ph: 719-587-7825
Cell: 719-580-4498

Host Head Coach

Jason Ramstetter
Head Wrestling Coach
jramste@adams.edu

Ph: 719-587-7274
Cell: 719-588-2938

Facilities

Larry Joe Hunt
Assoc. Athletic Director
ljhunt@adams.edu

Ph: 719-587-7263
Cell: 719-580-1640

Athletic Training

Clay Wilson
Head Athletic Trainer
cmwilson@adams.edu

Ph: 719-587-7431
Cell: 719-580-3361

NCAA Division II Wrestling Committee

Committee Member

Dan Lewis
Colorado School of Mines

Ph: 303-273-3374
dlewis@mines.edu

RMAC Contacts

Commissioner
Assoc. Commissioner
Asst. Commissioner
Asst. Commissioner

Joel R. Smith
Danielle Valerio
Eric Danner
Sarah Meier

Ph: 719-471-4813
Ph: 719-471-0152
Ph: 719-471-4530
Ph: 719-471-4936

SCHEDULE OF EVENTS

Friday, February 26th

| | | |
|---------------|---|---------------------------------|
| 8:00am-9:00pm | Practice area/athletic training room open | Plachy Hall |
| 3:00pm-4:00pm | Medical/Skin Checks | Plachy Hall Balcony |
| 4:00pm-5:00pm | RMAC Wrestling Coaches Meeting | Dr. Joe Vigil Hall of Fame Room |
| 5:00pm-6:00pm | Seeding Meeting | Dr. Joe Vigil Hall of Fame Room |
| 6:00pm-7:00pm | Dinner | Dr. Joe Vigil Hall of Fame Room |

Saturday, February 27th

| | | |
|-----------------------|---|---------------------------------|
| 6:00am | Practice area / athletic training room open | Plachy Hall |
| 6:45am-7:00am | Secondary Skin Checks (if necessary) | Athletic Training Room |
| 7:00am | Weigh-Ins | Wrestling Room |
| 7:45am | Table Workers Meeting | Dr. Joe Vigil Hall of Fame Room |
| 8:00am | Doors Open | Plachy Hall |
| 8:15am | Officials Meeting w/ NCAA Representative | Dr. Joe Vigil Hall of Fame Room |
| 8:30am | Officials and Coaches Meeting | Dr. Joe Vigil Hall of Fame Room |
| 9:00am-12:00pm | Session 1 – 1st Round | Plachy Hall |

*[*Note: Semi-Finals, Consolations, and True-Fourth rounds will start immediately after each round to ensure we don't run into a time crunch. We will allow for required rest time.]*

| | | |
|-----------------|---|-------------|
| *12:00pm-3:00pm | Championship Semi-Finals and Consolations | Plachy Hall |
| *3:00pm-4:30pm | Semi-Consolations | Plachy Hall |
| *4:30pm-6:00pm | Consolation (third place and fifth place) finals | Plachy Hall |
| *6:00pm | True fourth place matches (if necessary) | Plachy Hall |
| 7:15pm | Line-up for Championship Ceremonies, please Have Championship Finalists in full sweats, NO HATS! | Plachy Hall |
| 7:30pm | Championship Finals | Plachy Hall |

After the completion of NCAA Regional, we will have an RMAC awards presentation on the gym floor of Plachy Hall.

- # ASC Alums will present the awards (Photos-top six in each weight – please have wrestlers in team sweats, NO HATS!)
- # RMAC Team Championship Award
- # Outstanding Wrestler Award
- # Coach of the Year Award
- # RMAC Freshman of the Year Award

REPLACEMENT POLICY

The names of the individuals who are competing in the tournament must be submitted to the Tournament Director no later than Monday, February 22 at 5:00 pm. If a replacement is required, the name of the replacement must be submitted to the Tournament Director no later than Thursday, February 25 at 5:00 pm.

All entries must be submitted using the [NWCA Online system](#).



TICKET INFORMATION

Tickets for the 2010 NCAA Division II Super Regional Four / RMAC Wrestling Championships will be sold at the ticket booth on the day of competition

Ticket Prices are as follows:

| | |
|--|---------|
| All Session Adult General Admission | \$12.00 |
| All Session Student/Sr. Citizen (age 60) General Admission | \$ 8.00 |
| All Session College Student w/ I.D. | \$ 5.00 |
| Championship Session Adult General Admission | \$10.00 |
| Championship Session Student/Sr. Citizen General Admission | \$ 5.00 |
| Championship Session College Student w/ I.D. | \$ 3.00 |

The gym will be cleared before the Championship Finals session. A session ticket must be purchased for each session. **Children ages 2 and under will be admitted free in accordance with NCAA guidelines.**

The ASC Athletic Ticket Office is located on the south side of Plachy Hall. **All sales** are cash only.

Ticket sales will begin on and one half hours before the first session. Session start times and ticket hours are as follows:

| <u>Session</u> | <u>Ticket Sales Begin</u> | <u>Gate Opens</u> |
|--|---------------------------|-------------------|
| 1-Saturday, Feb. 27 th , 9:00am | 7:30am | 8:00am |
| 2-Saturday, Feb. 27 th , 7:30pm | already in process | 6:45pm |

PRACTICE ACCOMODATIONS/LOCKER ROOMS

Where: Adams State College Plachy Hall

When: Friday, February 26th 8:00am – 9:00pm

During competition, there are two practice mats in the ASC Wrestling room

Showers: Plachy Hall- Men's Common area

Towels: All competitors must provide their own towels.

VIDEOTAPING

Teams are responsible to videotape their own matches. Designated video areas will be enforced. Any "fan" videotaping from the stands for the purpose of scouting is strictly prohibited.

CREDENTIALS AND ARENA ENTRANCE

Team personnel will be admitted through the west entrance to the Plachy Hall. Teams participating in the championship will be admitted with participant pass. Team vans or cars can park on the west side of Plachy Hall. Coaches, athletic trainers and other administrative personnel must have their designated passes with them at all times during the tournament. Medical credentials can be picked up at the athletic training room. **PLEASE HAVE YOUR TEAMS SET UP CAMPS IN DESIGNATED AREAS IN THE BALCONY LEVEL.**

ATHLETIC TRAINING ROOM FACILITIES

During the NCAA Wrestling West Regional / RMAC Championships, the medical staff will be centrally located in the ASC Athletic Training Room (lower level, west corridor) across the hallway from the arena. A certified athletic trainer will be present in the athletic training room or competition area at all times.

A physician will be present for all medical checks and weigh-ins while an orthopedic physician will be on call throughout the tournament. If a certified athletic trainer or physician will accompany your team, please refer to the credentials section.

Each visiting team should provide a stocked medical kit. If a certified athletic trainer is not accompanying your team, a written note from the team's certified athletic trainer or physician must accompany the student-athletes requiring therapeutic modalities.

An ambulance will be on site the day of competition.

Medical Information

Athletic Training Staff

| | | | |
|----------------------------|-----------------------|--------|--------------|
| Clay Wilson, ATC | Head Athletic Trainer | Office | 719-587-8047 |
| | | Cell | 719-580-3361 |
| ASC Athletic Training Room | | | 719-587-7431 |
| Fax | | | 719-587-7706 |

Team Physician

| | | | |
|-------------------|----------------------------|--|--------------|
| Steve Kitchen, MD | Team Physician/Orthopedist | | 719-587-8091 |
|-------------------|----------------------------|--|--------------|

Tournament Physician

| | | | |
|-------------------|--|--|--------------|
| Martin Sowards PC | | | 719-588-8981 |
|-------------------|--|--|--------------|

Hospital

| | | | |
|---|-----------------|--|--------------|
| San Luis Valley Regional Medical Center | 106 Blanca Ave. | | 719-589-2511 |
|---|-----------------|--|--------------|

Pharmacies

| | | | |
|---|------------------|--|--------------|
| Alamosa Pharmacy | 108 Blanca Ave.. | | 719-589-1766 |
| City Market Food & Pharmacy | 131 Market St. | | 719-589-6656 |
| Safeway Food & Drug | 1301 Main St. | | 719-587-3076 |
| Valley-Wide Health Systems Inc., Pharmacy | 1610 Second St. | | 719-589-3633 |
| Walgreens | 1203 Main St. | | 719-589-3165 |

****If anyone in your travel party needs a physician, please contact the Adams State College Athletic Training Department so we can facilitate an appointment for you.****

MANDATORY COACHES MEETING (Friday, February 26, 4:00pm)

This mandatory meeting for all coaches will be held at the Joe Vigil Hall of Fame Room. Dinner will be provided at 6:00pm.

PARKING

Spectator parking is available in the lot at the north end of Plachy Hall. A fee of \$5 will be charged. Additional "free" parking will be provided on south campus, library lot.

Team van/car parking will be available on the west side of Plachy Hall both days. **Teams with buses will need to contact Larry Joe Hunt in advance for special parking instructions at 719-587-7263**

Please see campus map on page 12.

PHOTOGRAPHS AND AWARDS CEREMONIES

Award ceremony will take place immediately following the Championship session. Photos can be taken at this time.

ALL CONFERENCE TEAMS

The first three place winners in each weight class shall be recognized as all conference (1st place – 1st team, 2nd place – 2nd team, 3rd place – 3rd team).

The coaches, by majority, shall select RMAC wrestler of the year, coach of the year and freshman of the year. Each coach cannot vote for their athletes and cannot vote for themselves.

ARTIFICIAL NOISEMAKERS

The use of artificial noisemakers is prohibited at all times.

CHAMPIONSHIP TROPHY

The winning team's championship trophy will be presented by an RMAC representative to the winning Head Coach or captain at the awards ceremony following the championship round and the official conclusion of the NCAA Super Regional. The RMAC will purchase and provide the championship trophy. Wrestler of the Year, Coach of the Year and Freshman of the Year will be recognized at the ceremony with a plaque.

CROWD CONTROL

All aspects of intercollegiate athletic contests shall be conducted in a sportsmanlike manner. Each member institution shall endeavor to instill and maintain principles of good sportsmanship for the guidance of all persons participating in or witnessing contests. Conduct by student-athletes, coaches or other institutional athletics personnel that are unsportsmanlike in nature are subject to sanctions.



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Enjoy Your Stay With Us....

The following is a list of businesses that support the AdamsState College Athletic Department. Please support these fine establishments as much as you can during your stay.

LODGING

Best Western/Alamosa Inn
2005 Main Street
Alamosa, CO 81101
(719) 589-2567
Contact: Chriag Dave

Comfort Inn
6301rd 107 S
Alamosa, CO 81101
(719) 587-9000
Contact: Chriag Dave

Inn of the Rio Grande
333 Santa Fe Ave.
Alamosa, CO. 81101
(719)589-5833
Contact: Anna

Holiday Inn Express & Suites
3418 Mariposa Street
Alamosa, CO. 81101
(719) 589-4026
Contact: Deborah Clark

RESTAURANTS

ASC Dining Service (Sodexo)
1st and Stadium
ASC College Center
Alamosa, CO 81102
(719) 587-7861
Contact: Becky Atencio

**Domino's
Pizza**
518 West Avenue
Alamosa, CO 81101
(719) 589-9091
Contact: Jeff Padilla

**East-West Grill
Restaurant**
405 Fourth Street
Alamosa, CO 81101
(719) 589-4600
Contact: Chuck Hsu

Hunan Chinese Restaurant
419 Main Street
Alamosa, CO 81101
(719) 589-9002
Contact: Chuck Hsu

McDonald's
100 Craft Drive
Alamosa, CO 81101
(719) 589-2228
Contact: Lee Phelan

Blue Foxx
Cattails Golf Course
Alamosa, CO. 81101
(719)589-9110
Contact: Chuck Hsu

Subway of Alamosa
2207 Main Street
Alamosa, CO 81101
(719) 589-4642
Contact: Jose Villagomez

Nino's Mexican Restaurant
617 6th Street
Alamosa, CO 81101
(719) 587-0101
Contact: Eduardo Macias

Inn of the Rio Grande
333 Santa Fe
Alamosa, CO 81101
(719) 589-5833
Contact: Clancy Spicer

Sonic Drive-In
1605 Main Street
Alamosa, CO 81101
(719) 589-9256
Contact: Josie Jaramillo

Thai House
525 Main St.
Alamosa, CO. 81101
(719)589-1114
Contact: Richie Caldon

Taco Bell-Long John Silver's
2435 Main Street
Alamosa, CO 81101
(719) 580-2140
Contact: TBA

St. Ives Pub & Eatery
719 Main Street
Alamosa, CO 81101
(719)580-4224
Contact: Andy Trujillo

Chili's
3231 Main Street
Alamosa CO. 81101
(719)589-1991
Contact: Chris Martin

Arby's
1705 Main Street
Alamosa, CO. 81101
(719)589-2747
Contact: Janet Morrison

SLV Brewing Company
631 Main Street
Alamosa, CO. 81101
(719)587-2337
Contact: Scott Graber

Bistro Rialto
716 Main St
Alamosa, CO. 81101
(719)589-3039
Contact: Kent Holtcamp

SLV Pizza Company
2069 1st Street
Alamosa, CO. 81101
(719)589-4749
Contact: Randall Pierson

GROCERY – GASOLINE

City Market and Deli
131 Market Street
Alamosa, CO 81101
(719) 589-2492
Contact: Steve Valdez

Safeway and Deli
1301 Main Street
Alamosa, CO 81101
(719) 587-3075
Contact: Mark

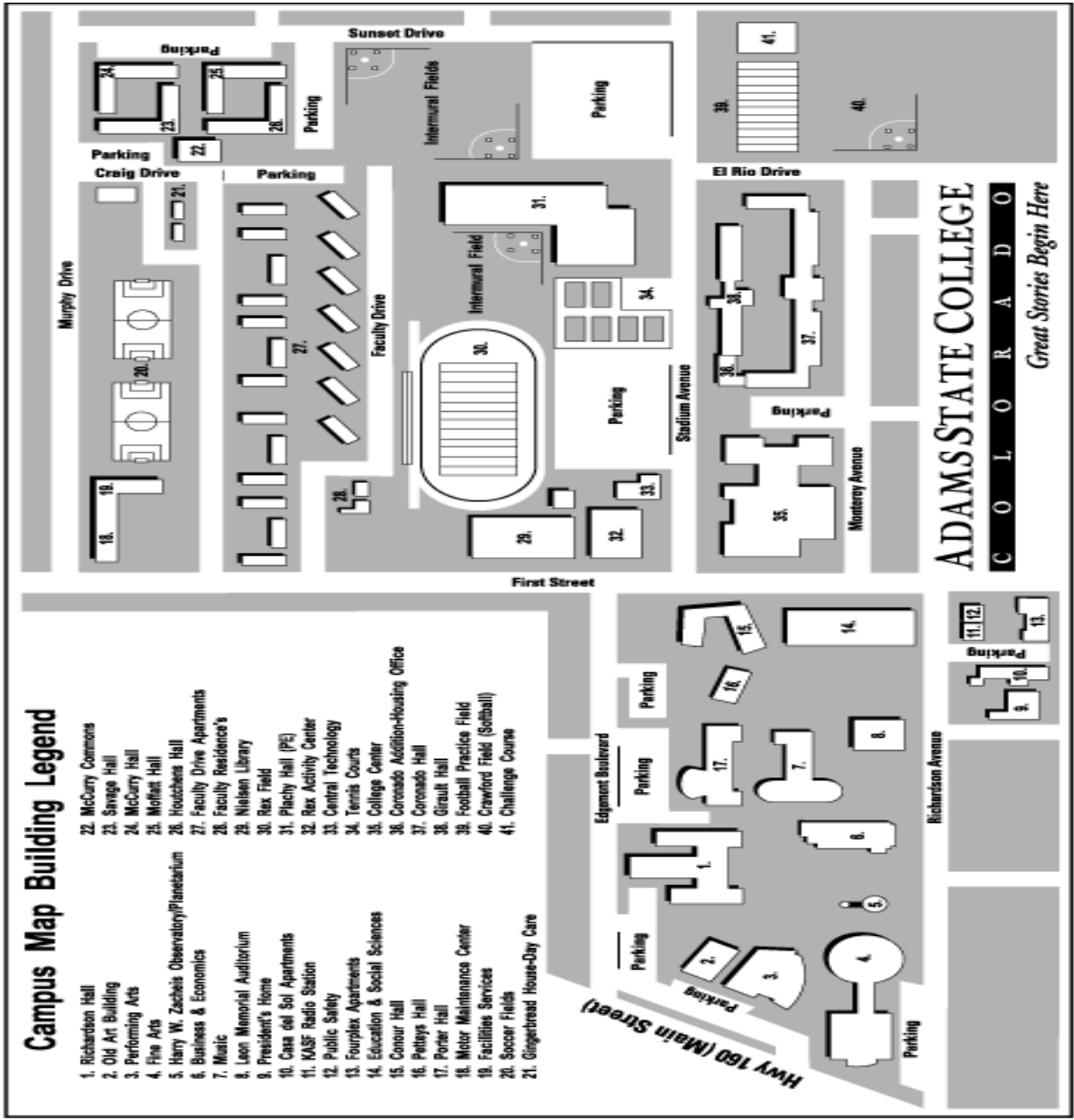
1st Stop
32 Alamosa Avenue
Alamosa, CO. 81101
(719)433-1943
Contact: TBA

Alta Fuels
302 Main Street
Alamosa, CO. 81101
(719)589-2312
Contact: Natalie Rogers

**Thank you for your support of our
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The athletic training room is located in the west side of Plachy Hall (#31). The hospital's ER is located on First Street, across from Faculty Drive and Nielson Library (#29). (The legend to the map is covering where the hospital is.)

Adams State College
Athletic Training Room
118 Plachy Hall Stadium Ave.
208 Edgemont Blvd.
Alamosa, CO 81102
#(719) 587-7431
f#(719)587-7706

San Luis Valley Regional Medical Center
106 Blanca Ave.
Alamosa, CO 81101
#(719)587-2511

City Map of Alamosa

