

# La Costa Canyon

(aka: The Frosh. So Cal Championships)  
**So-Cal Freshman Tournament**

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**“The Freshman today, are the Champions of tomorrow”**

This tournament has been a great success. We have 30+ teams, finals @ 5:00 on one mat under the light, awards etc done by 6:15, chairs in coach’s corners etc, Great Coaches Hospitality room! We are looking forward to continuing this great tournament and giving the freshman wrestlers, parents and coaches a good experience for the sport of wrestling.  
**19<sup>th</sup> Annual So Cal Frosh Championships.**

**DATE:** *Saturday, January 20th, 2024*

**WHERE:** La Costa Canyon High School  
**\*First 38 teams w/ contracts will be in the tournament**

**TIME:** Weigh in Saturday 7:30 am.  
Seeding Meeting Sat.8:15am (hospitality room)  
Wrestling starts- Saturday 9:30 am.

**FORMAT:** It will be a 32 man bracket, Three periods (1-2-2),  
8 Mats: double elimination, including 98lb class, no B  
wrestlers **\*1 pound allowance\***

**AWARDS:** Team Champion, Runner- Up, and 3<sup>rd</sup>-6<sup>th</sup> place Trophies  
Outstanding light-weight  
Outstanding heavy-weight  
Championship Brackets for the Champions  
Medals will be awarded: first, second, two thirds, two 5<sup>th</sup>  
conso. champ (awards only given on medal stand, awards  
given simultaneously w/ finals matches, no medals  
will be given out if a wrestler leaves early)

**ENTRY FEE:** \$270.00 Payable to La Costa Canyon Wrestling

**Other info:** **\*\*Great Coaches Hospitality Room\*\***  
**Pancake Breakfast/Breakfast Burritos after weigh-ins**  
Any questions Contact: Dwayne Buth  
**One Maverick Way, Carlsbad Ca 92009**  
**(760) 271-7892 Cell**  
**dwayne.buth@sduhsd.net**

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**So-Cal Freshman Tournament**

**Dear Coach:**

Your school is invited to the La Costa Canyon Freshman So- Cal Wrestling Tournament. It will be held on Saturday January 20th, 2024. The entry fee is \$270.00. Please return the bottom portion of this contract as soon as possible. The first 32 schools that send in the contract are in. When we are full, were full. We have a lot interest in the tournament. So send it in as soon as possible. Thank you.

**Dwayne Buth  
Wrestling Coach**

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## Freshman So-Cal WRESTLING TOURNAMENT

**January 20th, 2024**

**YES, WE WILL ATTEND** \_\_\_\_\_ **NO, WE WILL NOT ATTEND** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**PLEASE RETURN TO:**  
**DWAYNE BUTH-Wrestling Coach-LA COSTA CANYON HIGH SCHOOL**  
**One Maverick Way**  
**CARLSBAD, CA 92009**