



**Proud American Duels Tournament  
Cooley Middle School January 11th 2025**

# Proud American Duals Wrestling Tournament

## Pre Tournament Instructions and Requirements

**Weigh Ins:** Friday, 1/10 from 4:30pm to 6:30pm @ Cooley in the Multi on Stage

**Cost:** \$400 per team of 18 weight classes.

76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, 250

## Tournament Day Details

**Where:** Cooley Middle School 9300 Prairie Woods Way, Roseville, CA 95747

**When:** January 11, 2025

**Doors Open** at 7:30am

**Coaches Meeting** at 8:30am

**Wrestling Begins** at 9:00am

Everyone will wrestle 4 Duals.

**Awards:** Trophies for top 3 teams.

**Door Entry Fee:**

Adults: \$6

Kids: \$4 (age 7 and up)

6 and under: Free

Full Snack Bar

Coaches Hospitality Room Open All Day.

Questions please contact Johnny Kight, (916) 337-3533 or [jkight@rcsdk8.org](mailto:jkight@rcsdk8.org)