

Dear Coach,

On behalf of the administration, staff, and students of Mentor High School, I would like to welcome you to the Division I District Wrestling Tournament (aka “The Meatgrinder”) at Mentor High School. It is our pleasure to host such a great event.

I would like to take this opportunity to thank you in advance for your cooperation. Without your support we would not be able to put on such a successful tournament. With so much riding on each match, it is easy to lose site of the goals of interscholastic athletics and sportsmanship. Let’s make sure to remind our student athletes regularly about our expectations in the care of their teammates, coaches, fans, officials and spectators. Please also remind your student athletes to respect the facilities of Mentor High School and treat them as their own if not better. Please help to police locker rooms and other areas of the facility to control any damages that might occur.

Passes will be distributed as directed by the Northeast District Board. (Type or print the attached pass list and fax it to (440) 205-2592 or email to [Cassella@mentorschools.org](mailto:Cassella@mentorschools.org).)

- 1 pass for each administrator (pick up at will call)
- 1 pass for each participant (for Saturday use – not alternates)
- Coaches/Guest passes according to participants:
  - 1 1 pass
  - 2-5 2 passes
  - 6-9 3 passes
  - 10-14 4 passes

There are no passes for cheerleaders

Friday night weigh out will start after the 103 lb. quarterfinals. The scales in the wrestling room will be available for the wrestlers to weigh out until 20 minutes after the 285 lb. weight class. A wrestler will receive the additional one (1) pound. Wrestlers not making weight on Friday, may weigh in Saturday morning.

On Saturday every wrestler must complete a skin check prior to competition. Skin checks will be held in the wrestling room from 8am to 8:30am and again from 11am to 11:30am.

I hope that this information is helpful to you. If you have any questions, don’t hesitate to give me a call at (440) 974-5304 or email at [Cassella@mentorschools.org](mailto:Cassella@mentorschools.org).

Sincerely,

Jeff Cassella  
Tournament Manager