



# **ATHLETE & COACHES INFORMATION**

[www.2006trials.org](http://www.2006trials.org)

**May 27-28, 2006**  
Tyson Events Center/Gateway Arena  
Sioux City, Iowa



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[www.TheMat.com](http://www.TheMat.com)



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National Federation Member



Member, U.S. Olympic Committee

April 3, 2006

Dear Wrestlers and Coaches,

Congratulations on qualifying for the 2006 World Team Trials in Sioux City, Iowa! This year's World Team Trials will determine who will represent the United States at the 2006 World Wrestling Championships in Guangzhou, China. USA Wrestling is thrilled to have such great caliber athletes and coaches like you to represent America.

The World Team Trials will take place in Sioux City, Iowa, on May 27 and 28 at the Tyson Events Center/Gateway Arena. We have been working closely with the Sioux City planning committee to ensure you will be competing in a first class environment. Both the facility and the local organizers are excited to host each of you.

This packet has been compiled to help you prepare for your journey to the 2006 World Team Trials. Please be aware of the all format and schedule changes. This year's World Team Trials has been changed due to new selection procedures brought forth by USAW sports committees. Therefore, I ask that you read all of the contents carefully, as you will be responsible for adhering to all policies and understanding each component of the event. If you have questions about World Team Trials or Sioux City, Iowa, arrangements, please contact me at USA Wrestling at (719) 598-8181 or [pisais@usawrestling.org](mailto:pisais@usawrestling.org).

I personally congratulate you on your wrestling success thus far. Good luck in your preparations for the 2006 World Team Trials.

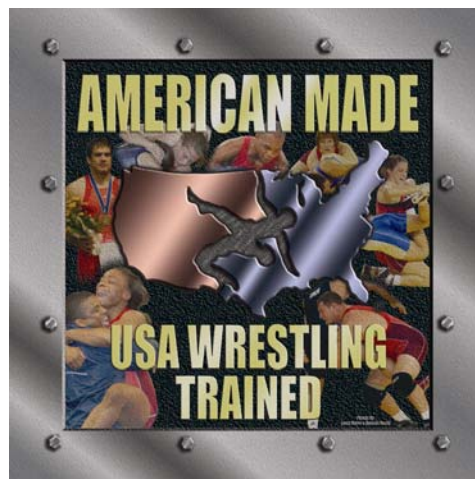
Yours in Wrestling,

Pete Isais  
Director of National Events  
USA Wrestling



## **2006 WORLD TEAM TRIALS** *Organizational Chart*

Tim Tushla..... Tournament Director	(712) 251-7570 Cell (605) 217-4120 Fax tim@radiosophy.com
Dennis Gann..... Executive Director, Sioux City CCAT	(712) 279-4820 Office (712) 898-4685 Cell (712) 279-4900 Fax dgann@sioux-city.org
Barb Lewis..... Tyson Events Center Box Office Manager	(712) 279-4850 Office (712) 279-4903 Fax barblewis@sioux-city.org
Walt Johnson..... Tyson Events Center Director of Operations	(712) 279-4905 Office (712) 898-4683 Cell wjohnson@sioux-city.org
Glenn Walinski..... Tyson Events Center Facility Manager	(712) 279-4913 Office (712) 898-4671 Cell gwalinski@sioux-city.org
Mark Wisniewski..... Distinctive Gourmet Concessions/Merchandise GM	(712) 279-4813 Office (712) 898-4689 Cell mwisniewski@sioux-city.org
Chris McGowan Tournament Finance Committee	
Steve Gonshorowski Volunteer Coordinator	







## 2006 US WORLD TEAM TRIALS EVENT SCHEDULE (Continued)

### **SUNDAY, MAY 28**

**CHALLENGE TOURNAMENT:** Men's Freestyle: 66 KG, 74 KG, 84 KG, and 120 KG  
Greco-Roman: 55 KG, 60 KG, and 84 KG

*Preliminaries, Quarterfinals, Semifinals and \*\*\*Finals – If necessary..... 9:00 am – 1:30 pm*  
*Consolation, Consolation Semifinals and 5<sup>th</sup> place matches*

\*\*\*Challenge Tournament finals will be wrestled in weight classes that meet the following criteria:

Freestyle – A wrestler in the weight class is a 2005 Senior World Medalist (gold, silver, bronze) and is the 2006 Senior National Champion

Greco-Roman – A wrestler in the weight class placed in the top five (5) at the 2005 Senior World Championships and is the 2006 Senior National Champion

**FINAL WORLD TEAM TRIALS:** Men's Freestyle: 66 KG, 74 KG, 84 KG, and 120 KG  
Greco-Roman: 55 KG, 60 KG, and 84 KG

*World Team Final Match #1 (All finals matches on one mat) ..... 4:00 pm – 8:15 pm*  
*Challenge Tournament 3<sup>rd</sup> Place Matches (One mat --- Same time as Final Match #1)*

*World Team Final Match # 2 (All finals matches on one mat --- Starts immediately following Final Match #1 and 3<sup>rd</sup> Place Matches)*

*World Team Final Match # 3 – If necessary (All finals matches on one mat --- Starts following Final Match #2 as time permits)*

***Presentation of the 2006 World Championship Teams will immediately follow the final match on Sunday evening.***

For questions on specific style criteria concerning the World Team Trials contact Mitch Hull, National Teams Director (719) 598-8181 or email: [MHull@usawrestling.org](mailto:MHull@usawrestling.org).



## WORLD TEAM TRIALS

MAY 27-28, 2006  
 TYSON EVENTS CENTER/GATEWAY ARENA  
 SIOUX CITY, IOWA

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

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

Will be used to provide you with updates and information on the team trials.

Single Session Tickets-Reserved	Price	Qty	Amount
Adult	\$20		\$
Youth – 3-12 years old	\$12		\$
Single Session Tickets-General Admission	Price	Qty	Amount
Adult	\$15		\$
Youth – 3-12 years old	\$5		\$
All Session Tickets-Reserved	Price	Qty	Amount
Adult	\$35		\$
Youth – 3-12 years old	\$20		\$
Seating location will be determined by the date the order is received. Tickets will be mailed to the address listed above, approximately 2-3 weeks prior to the event.  <b>For ticket questions please call 712-279-4850</b>	Subtotal		\$
	Processing Fee		\$5.00
	Total Amount Due		\$

**Payment Type:**  Check (payable to Tyson Events Center)  MasterCard  Visa  Discover

Credit Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## TECHNICAL AND OPERATIONAL INFORMATION

### UNIFORMS

Please be advised that high cut singlets are required at the U.S. World Team Trials – Wrestling. There will be no exceptions.

### DOPING

As in the past, all finalists and 2/3 of each weight class will be drug tested by USADA. This will occur at the Tyson Events Center on both Saturday and Sunday, May 27 and 28, immediately after individual athletes are done with their respective competition.

### REGISTRATION

Registration will take place Friday and Saturday, May 26 and 27, 1:00-2:00 p.m. on the main floor of the Tyson Events Center. Athletes, coaches and support staff may pick up credentials at this time. Please be sure to list all people that will need credentials for this event.

*Athletes and coaches who fail to register by May 15 will be CHARGED a \$25.00 late processing fee per credential to attend the 2006 World Team Trials. This processing fee is payable prior to obtaining a credential.*

### SKIN CHECK & WEIGH-IN

Medical checks will take place at the Tyson Events Center on Friday and Saturday, May 26 and 27, from 1:45 to 2:00 p.m. with weigh-ins immediately following from 2:00 to 2:30 p.m. ***Weigh-ins close promptly at 2:30 p.m. No one, under any circumstances, will be allowed to weigh-in after 2:30 p.m.***

Drinks and fruit will be available at weigh-ins.

### TRAINING

#### ***Four Seasons Health Club:***

1600 7<sup>th</sup> Street  
Sioux City, IA 51101  
Sat 8 a.m. – 6 p.m.  
Sun 8 a.m. – 8 p.m.

Cardio equipment, sauna & steam room, weights  
Hours of Operation: Mon-Th 5 a.m. – 10 p.m.  
Fri 5 a.m. – 8 p.m.

#### ***Siouxland Y:***

722 Nebraska Street  
Sioux City, IA 51101  
712-252-3276

Cardio equipment, sauna & steam room, weights  
Hours of Operation: Mon-Th 4:45 a.m. - 9:30 p.m.  
Fri 4:45 a.m. – 8 p.m.  
Sat 5:45 a.m. – 5 p.m.

#### ***Heelan High School:***

1021 Douglas St.  
Sioux City, IA 51105  
712-252-0573

Mats available.  
Hours of Operation: Th 3:00 p.m. – 6:00 p.m.  
Fri 9:00 a.m. – 3:00 p.m.  
Sat 10:00 a.m. – 4:00 p.m.

#### ***Tyson Events Center:***

401 Gordon Drive  
Sioux City, IA 51101  
712-279-4850

Mats will be available Friday, May 26 at 8:00 a.m.



## TECHNICAL AND OPERATIONAL INFORMATION (Continued)

### SEEDING MEETINGS

Meetings will take place at the Tyson Events Center on Friday, May 26, at 3:00 p.m.

### CREDENTIALS

All credentials will be picked up at registration between 12:30 p.m. and 2:30 p.m. at the Tyson Events Center. A photo ID must be presented to get the credential.

### *Coaches*

In order to provide the best competition environment while accommodating all participating athletes, USA Wrestling has established a specific policy regarding coaches credentials at the 2006 US World Team Trials-Wrestling. Each club will be allowed four non-transferable coach credentials. Athletes wrestling unattached or single athletes from a club will be allowed up to two non-transferable coach credentials. **Enclosed in this packet is the Registration Form. Fax or mail your coaches' names along with their USA Wrestling Coaches Membership card number to USA Wrestling, attention Pete Isais, by May 14, 2006. Fax: (719) 598-9440.**

In the event a club requires more than four coaches, please submit a list of additional coaches with USAW Coaches membership card numbers to USA Wrestling. Request will be considered on an individual basis. USAW will notify the team leader of the approved accreditation list.

### *New for 2006*

Please take time to look at the schedule thoroughly. This is the first year that Senior National Champions will be paired in the initial Challenge Tournament unless the Senior National Champion meets the specified criteria. For clarification please contact Mitch Hull at (719) 598-8181.

### *Trainers/Medical Staff*

Professional medical staff will be on-site during the official training and competition hours. If you or your club are bringing trainers or medical staff, please include their names and additional information along with your coaches credential request.



## TECHNICAL AND OPERATIONAL INFORMATION (Continued)

### MEDIA INFORMATION

**Event website:**

[www.2006trials.org](http://www.2006trials.org)

**For local newspaper coverage go to:**

[www.siouxcityjournal.com](http://www.siouxcityjournal.com)

- Articles and coverage of the event
- Local news and events

**Local television sports coverage:**

KTIV Channel 4 (can be found on Channel 5 on Cable)

[www.ktiv.com](http://www.ktiv.com)

KCAU Channel 9 (can be found on Channel 10 on Cable)

[www.kcautv.com](http://www.kcautv.com)

KMEG Channel 14 (can be found on Channel 7 on Cable)

[www.kmeg.com](http://www.kmeg.com)

- Local news casts at 6:00pm and 10:00pm daily, and coverage of the event.

**Local sports radio coverage:**

1360 AM, KSCJ, Sioux City

620 AM, KWSL FOX Sports Radio, Sioux City

**For local entertainment information on the web go to:**

[www.siouxcitytourism.com](http://www.siouxcitytourism.com)

[www.orpheumlive.com](http://www.orpheumlive.com)

[www.downtownsiouxcity.com](http://www.downtownsiouxcity.com)

[www.tysoncenter.com](http://www.tysoncenter.com)

[www.siouxland.com](http://www.siouxland.com)

# SIOUX CITY AREA - HOTEL/MOTEL GUIDE

Hotel/Motel/Inn	Address	Phone	Continental Breakfast	Coffee Shop	Restaurant	Lounge	Pool	Refrigerator Microwave	Allows Pets	Suites	Fitness Area	Entertainment & Special Amenities
AMERICINN	4230 S Lewis Blvd, Sioux City, IA (I-29 - Exit 145)	(712)255-1800 (800)634-3444 www.americinn.com	X				Indoor & Jacuzzi	X	X	X	4 Season Vouchers	High Speed Internet - Laundry
Baymont Inn	3101 Singing Hills, Sioux City, IA (I-29 - Exit 143)	(712)233-2302 (800)301-0200 www.baymontinn.com	X				Indoor & Jacuzzi	X	X	X	X	High Speed Internet - Laundry - Cable
Best Value Inn	4402 Dakota, S Sioux City, NE (I-29 - Exit 144-B)	(402)494-4114 (888)315-2378	X				Jacuzzi	X	X	X	X	High Speed Internet - Laundry - Cable - Business Center
Best Western City Centre	130 Nebraska, Sioux City, IA (I-29 - Exit 147-B)	(712)277-1550 (800)528-1234 www.bestwestern.com www.fairfieldinn.com	Breakfast Buffet			Cocktail Hour	Outdoor	X		X	X	Laundry - Game Room
Clairon Hotel & Conference Center	707 4th St, Sioux City, IA (I-29 - Exit 147 B)	(712)277-4101 (800)593-0555 www.siouxcityclairon.com	X		X	X	Indoor & Jacuzzi	X	X	X	X	In Room Movies - Wireless Internet - Business Center - Shuttle
Comfort Inn	4202 S Lakeport, Sioux City, IA (I-29 - Exit 145)	(712)274-1300 (800)228-5150 www.comfortinn.com	X				Indoor & Jacuzzi	X	X	X		High Speed Internet - Dry Clean Service
Comfort Inn	1311 River Dr, N Sioux City, SD	(605)232-3366 (800)228-5150 www.comfortinn.com	X			X	Indoor & Jacuzzi	X	X	X	X	In room movies - Casino - High Speed Internet - Laundry
Country Inn & Suites	151 Tower Rd, Dakota Dunes, SD	(605)232-3500 (800)456-4000 www.countryinns.com	X		X	X	Indoor & Jacuzzi	X		X		In Room Movies - Laundry - High Speed Internet
Days Inn	3000 Singing Hills, Sioux City, IA (I-29 - Exit 143)	(712)258-8000 (800)329-7466 www.daysinn.com	X				Indoor & Jacuzzi	X	X	X	X	High Speed Internet - Laundry - Computer Access
EconoLodge	2829 Dakota Ave, S Sioux City, NE	(402)494-8874 (800)962-2545 www.choicehotels.com	X			X	Outdoor	X		X	X	High Speed Wireless Internet - Arcade - Laundry
EconoLodge	110 Sodrac Dr, N Sioux City, SD	(605)232-9600	X	X			Jacuzzi In Select Rooms	X	X	X	X	Game Room - Wireless Internet - Laundry - Cable
Economy Inn	2921 Gordon Dr, Sioux City, IA (I-29 - Exit 145)	(712)277-4242						X		X	X	Cable
Fairfield Inn	4716 So hills Dr, Sioux City, IA (I-29 - Exit 145)	(712)276-5600 (800)228-2800 www.fairfieldinn.com	X			Lobby	Indoor & Jacuzzi	X		X		High Speed Internet - Dry Clean Service
Holiday Inn Downtown	701 Gordon Dr, Sioux City, IA (I-29 - Exit 147 B)	(712)277-9400 (800)238-6146 www.holiday-inn.com			X	X	Indoor & Jacuzzi	X		X	X	Wireless Internet - Dry Clean Service
Holiday Inn Express	4230 S Lakeport, Sioux City, IA (I-29 - Exit 145)	(712)274-1400 (800)424-4777 www.hie.com										
Marina Inn Conference Center	4th & B St, S Sioux City, NE	(402)494-4000 (800)798-7980 www.marina-inn.com	Breakfast Buffet		X	X	Indoor & Jacuzzi	X	X	X	X	High Speed Wireless Internet - Shuttle Service - Laundry
Motel 6	616 Harbor Dr, Sioux City, IA (I-29 - Exit 145)	(712)277-3131 www.motel6.com				X	Outdoor	X	X	X		Datapoints on Phones - Laundry
Palmer House Motel	3440 Gordon Dr, Sioux City, IA	(712)276-4221	X			X		X	X		X	
Park Plaza Motel	1201 1st Ave, S Sioux City, NE	(402)494-2021					Outdoor	X	X			
Quality Inn Hotel & Conference Center	1401 Zenith Dr, Sioux City, IA (I-29 - Exit 149)	(712)277-3211 (800)274-3211 www.qualityinnsiouxcity.com	X			X	Indoor/Outdoor & Jacuzzi	X	X	X	X	High Speed Wireless Internet - Business Center - Dry Clean
Super 8 Motel	2530 Singing Hills, Sioux City, IA (I-29 - Exit 143)	(712)255-8888 (800)800-8000 www.super8.com	X					X	X	X	X	Laundry - Recliners
Super 8 Motel	4307 Stone Ave, Sioux City, IA	(712)274-1520 (800)800-8000 www.super8.com	X					X	X			High Speed Wireless Internet - Laundry - Cable - In Room Movies
Super 8 Motel	I-29N - Exit 2, N Sioux City, SD	(605)232-4716 (800)800-8000 www.super8.com	X					X	X	X	X	High Speed Wireless Internet - Laundry
Regency Inn	400 Dakota Ave, S Sioux City, NE	(402)494-3046						X	X	X	X	Meeting Rooms Available
WinnovaVegas Inn	1862 Hwy 141, Sloan, IA	(712)428-4280	X			Lobby		X	X	X	X	



## RESTAURANT GUIDE

### Fine Dining

**Bev's On The River:** A new dining experience – opened December 2005. Appetizers, steaks, seafood, pasta, sandwiches, wood fired pizza, soups, salads and desserts.

1110 Larson Park Road 224-2387

**Kahill's Steak, Fish, & ChopHouse:** Delight in a beautiful view of the Missouri River, this one-of-a kind restaurant offers a wide variety of savory entrees. Located at the Marina Inn, 4<sup>th</sup> & B Street, South Sioux City, Nebraska. Phone (402) 292-5025.

**Sweet Fanny's:** WWII inspired restaurant/pub serving an array of entrees from steaks to sandwiches.

1024 Historic 4<sup>th</sup> Street 258-3434

**Stryker's Grill:** Offers a varied elegant menu sure to please any appetite, some Mexican specialties, pasta, seafood and a lighter selection for the health conscious. Located at the Quality Inn, 1401 Zenith Dr., Sioux City. Phone (712) 277-3211

**Victorian Opera Co.:** The very beautifully restored interior of this restaurant featuring the original pressed tin ceiling, is something that everyone must see, not to mention the excellent food and charming gift shop. Open Tuesday – Saturday 11 a.m. – 2 p.m. for lunch 2 p.m. – 5 p.m. for coffee and dessert, and Friday and Saturday from 10:30 a.m. – 10:30 p.m. for coffee, tea, and dessert. Located at the corner of 4<sup>th</sup> Street and Court Street, Sioux City. Phone (712) 255-4821.

### Informal

**Applebee's Neighborhood Grill & Bar:** An experience in pub dining, cheerful atmosphere with an interesting décor, large variety of food, fun for the entire family. Located at 1700 Hamilton Blvd., Phone (712) 233-2226; and 4555 Southern Hills Dr., Sioux City. Phone (712) 276-2226

**Buffalo Alice:** Casual atmosphere featuring pizza, buffalo wings, nachos, and 154 types of beer. Located at 1022 4<sup>th</sup> Street, Sioux City. Phone (712) 255-4822.

**Garfield's Restaurant & Pub:** Draw on your tablecloth while you wait for your meal, decorated with antiques and memorabilia from the past, known for its exotic beers and fine variety of foods. Located at the Southern Hills Mall, Sioux City. Phone (712) 276-6505.

**Mike's Saloon:** Local hangout with down home food including broasted chicken, steaks, fish, hamburgers, barbecue, and prime rib on weekends. Take-out available. Offers big screen television and pool table. Located at 5605 Hamilton Blvd., Sioux City. Phone (712) 239-3362.



## RESTAURANT GUIDE (Continued)

### Steakhouse

**Hungry's North:** Very casual atmosphere, known for their tasty burgers and steaks, which are perfectly charbroiled to your liking. Located at 100 N. 14<sup>th</sup> Street, Dakota City, Nebraska. Phone (402) 987-5731.

**Outback Steakhouse:** The place to go Down Under Mate. Casual atmosphere with an authentic Australian twist. Steak, ribs, pasta, chicken, rack-of-lamb, fresh fish, and home of the Bloomin' Onion. Located at 4500 Southern Hills Drive, Sioux City. Phone (712) 276-2242.

**Theo's Steakhouse:** Midwestern rustic décor, specializing in beef entrees, Thursday nights are all you can eat prime rib and salad bar. Located between Sioux City and Lawton along Highway 20. Phone (712) 944-5731.

### Buffet

**Coyote Canyon:** Cafeteria style, all-you-can-eat soup 'n' salad bar, dessert bar, known for their beef entrees and reasonable prices. Located at 4565 Southern Hills Drive, Sioux City. Phone (712) 276-7810.

**USA Steak Buffet:** Steak, chicken, and seafood entrees each include their all-you-can-eat soup, salad, and dessert bar, family style dining with daily specials. Located at West 7<sup>th</sup> and Hamilton, Sioux City. Phone (712) 255-7176.

### Family Style

**Charlie's Restaurant & Lounge:** Enjoy their daily breakfast bar, Friday night seafood/salad bar, and Saturday's pasta/salad bar. Located at the Holiday Inn, 701 Gordon Drive, Sioux City. Phone (712) 277-9400.

**Chili's Grill & Bar:** Family-style bar and grill with a southwestern kick. Featuring a variety of items including baby back ribs, steaks, and margaritas.

110 Nebraska Street 258-0700

**Famous Dave's BBQ:** Located at 201 Pierce Street, Sioux City. Phone: 712-277-8800

**Green Gables:** Siouxland's family style restaurant famous for its hot fudge sundaes, featuring homemade soups and pies, open for breakfast, lunch, and dinner. Located at 1800 Pierce Street, Sioux City. Phone (712) 258-4246.

**International House of Pancakes (IHOP):** Located at 801 Gordon Drive, Sioux City. 712-234-0077

**Perkins:** Features more than 100 breakfast, lunch, and dinner selections, as well as a full line of bakery products that can be purchased for take out, open 24 hours. Located at 501 Gordon Drive, Sioux City. Phone (712) 277-4765.

**Sneaky's:** Restaurant and Catering for all occasions. Chicken is the specialty. Located at 3711 Gordon Dr. Phone (712) 252-0522.



## **RESTAURANT GUIDE (Continued)**

### **Italian**

**Botticelli Ristorante Italiano:** Savor the flavor of Italy! Open seven days a week for lunch and dinner. Catering for all occasions. Tuesday's are Vino day; all wines are ½ price. Located at 3726 Summit, just off 38<sup>th</sup> and Hamilton, Sioux City. Phone (712) 255-8487.

**El Fredo Pizza:** Features pizza, pasta, sandwiches, and baby-back barbecue ribs, Friday and Saturday nights. You can also enjoy a comedy show while you eat. Call in advance for tickets to the shows. Located at 523 West 19<sup>th</sup> Street, Sioux City. Phone (712) 258-0691.

**Luciano's:** Along with the many flavorful Italian entrees, Luciano's is well known for its homemade breads and fine wines. Built between 1890 and 1897, the building features arches characteristics of many building in the historic district. Open for dinner Tuesday through Saturday from 5 p.m. – 10 p.m. Reservations are suggested, call between 10 a.m. and 4 p.m. Located at 1019 Historic 4<sup>th</sup> Street, Sioux City. Phone (712) 258-5174.

### **Seafood**

**Red Lobster:** Delicious seafood entrees at moderate prices, wonderful specialty drinks and daily specials. Call ahead seating available. Located near Southern Hills Mall, 4290 Sergeant Road, Sioux City. Phone (712) 274-1023.

### **Chinese**

**China One Buffet:** Siouxland's First, Largest New York Style Buffet. Over 100 items featuring a large selection of American Food. Open 7 days a week for lunch and dinner. Located at 4001 Gordon Drive. Phone (712) 255-3333.

**Hunan Palace:** Specializing in Mandarin, Hunan, Szechwan, and Cantonese, authentic Chinese cuisine and cocktails served in an elegant dining room. Located at 3523 Singing Hills Blvd., Sioux City. Phone (712) 222-1022.

**King Sea:** Don't miss the memorable lunch buffet with 40 freshly prepared items, also a wonderful Sunday brunch and dinner menu, serves seafood, Szechwan and Mandarin dishes. Located at 512 5<sup>th</sup> Street, Sioux City. Phone (712) 255-0222.

### **Mexican**

**Carlos O'Kelly's Mexican Café:** Numerous fantastic tasting selections, including their own original "Chicken Picado", happy hour 4 – 6 p.m. Located at the Perry Creek Plaza, 1790 Hamilton Blvd., Sioux City. Phone (712) 252-4703.

**Casa Del Rey:** Family dining, Sunday Fiesta Brunch, Margarita Wednesdays, don't miss the endless selections, Southwestern atmosphere, and friendly service. Located at 1303 Douglas Street, Sioux City. Phone (712) 277-4314.

**Ruth's Mexican Cosina:** This cosina is famous for its margaritas and burrito specials, daily lunch specials, open 7 days a week. Located at 1951 Leech Ave., Sioux City. Phone (712) 252-1378.



## **RESTAURANT GUIDE (Continued)**

### **Deli/Hot Dogs**

**Coney Island:** Old Style Hot Dog restaurant/Ice Cream parlor - serving hot dogs, chili, burgers, and fries.  
510 Nebraska Street 258-7479

**Little Chicago Deli:** Deli Style Sandwiches served up fresh and cut as you order. Featuring a variety of sandwich styles and specials.  
500 4<sup>th</sup> Street 233-2299 (Delivery Available)

**Milwaukee Wiener House No. 1:** Old style Hot Dog restaurant serving hot dogs, chili, burgers, and fries.  
309 Pearl Street 277-3449

**Tastee Inn & Out**  
2610 Gordon Drive 255-0857

### **Fast Food**

**Arby's:** Famous for their fresh cut roast beef, turkey, and chicken sandwiches.  
919 Gordon Drive 277-2525

**Burger King:** Burgers, Chicken, Fish, and Fries.  
4243 Gordon Drive 274-2610

**Hardee's**  
910 Gordon Drive 258-5499

**McDonald's:** An American classic.  
729 Hamilton Blvd. 258-7147 or  
605 Lewis Blvd. 252-2411

**Kentucky Fried Chicken**  
1500 Hamilton Blvd. 258-3575 or  
2500 Gordon Drive 252-3801

**Subway:** Sub sandwiches with many toppings.  
500 Nebraska Street 224-2397

**Taco John's:** Fresh Mexican favorites made daily.  
1721 Hamilton Blvd. 258-8023 or  
3601 Gordon Drive 255-9996



## ENTERTAINMENT / ATTRACTIONS

Request a free Visitors Guide by calling 800-593-2228.  
Visit [www.sioxlandevents.com](http://www.sioxlandevents.com) to see daily events in the community.

### **Anderson Dance Pavilion**

Larson Park Rd. on the riverfront. Reservations Call 712-279-6111. The Pavilion has a covered dance floor and raised bank area. The site of many summer events including Artsplash and the Big Mardi Gras Parade. Enjoyed year-round, it is on the extensive trail system throughout the city.

### **Argosy Casino Sioux City**

100 Larsen Park Road. Open 24 hours with over 35,000 square feet and 3 floors of entertainment. Eat at Outfitters Grill and visit Bonkerz Comedy Club. [www.argosycasinos.com](http://www.argosycasinos.com)

### **Explorers Baseball**

The Sioux City Explorers bring top notch baseball to Siouxland fans.  
From I-29: Follow to Singing Hills Blvd., travel East on Singing Hills Blvd., turn left on Stadium Drive.  
From Highway 75: Follow 75 to Line Drive, travel East on Line Drive to the Stadium.

### **4<sup>th</sup> Street Historic District**

4th St. Historic 4th contains a concentration of late 19th century commercial buildings. Most of the larger building are notable for their distinctive Richardsonian Romanesque style of architecture popular to the late 1800's. The area features antique and specialty shops, pubs and restaurants.

### **4<sup>th</sup> Street Promenade Cinema**

On 3rd Street, adjacent to Historic 4th Street and the Convention Center. The cinema features 14 screens, stadium seating and state of the art projection and sound. Concessions include more than the usual soda and popcorn.

### **IBP Ice Center**

3808 Stadium Drive, 712-279-4880. Public ice skating available Friday and Saturday evenings.

### **Ice Cream Capital of the World – Blue Bunny**

Intersection of Hwy's 3 and 75, Le Mars 712-546-4090 or [www.wellsdairy.com](http://www.wellsdairy.com). Museum provides fun, interactive exhibits to educate guests about the history of ice cream and Wells Dairy, makers of Blue Bunny brand. Vintage ice cream parlor located next to the museum. 30 miles north of Sioux City.

### **Lewis Bowl & Sports Bar**

3828 Stadium Drive, 712-252-4545, Bowling alley, outdoor miniature golf and more!



## ENTERTAINMENT / ATTRACTIONS (Continued)

Request a free Visitors Guide by calling 800-593-2228.  
Visit [www.sioxlandevents.com](http://www.sioxlandevents.com) to see daily events in the community.

### **Lewis & Clark Interpretive Center**

Take exit 149 off I-29, Hamilton Blvd. Free admission. The center focuses on a day in the life of the explorers as they traveled through what is now the Sioux City area. History comes to life in exhibits that use dozens of interactive devices. A bookstore offers books and gifts for all ages. The grounds feature a 30x50 ft. U.S. flag, a 14ft. sculpture of Lewis, Clark and their dog, Seaman. Summer hrs: 9am-6pm daily. Winter hrs: 9-5 Tues- Sat., 1-5 pm Sum. Closed Mondays. 712-224-5242. [siouxcitylcic.com](http://siouxcitylcic.com)

### **Loess Hills Scenic Byways**

712-886-5441 [www.loesshills-tours.com](http://www.loesshills-tours.com). The Loess Hills Scenic Byways link many scenic areas, public parks and culturally and historically important sites in Iowa

### **Orpheum Theatre**

6th & Pierce Sts., Box Office 712-258-9164. [www.orpheumlive.com](http://www.orpheumlive.com) The spectacular, newly renovated Orpheum Theatre is host to live theatre, concerts, movies, and outstanding national and local performances.

### **Pepperoni's Comedy Club**

523 W. 19<sup>th</sup> Street, 712-258-0691

### **Sgt. Floyd Monument**

On Hwy 75 near Glenn Ave. Take I-29 exit 143 to Singing Hills Blvd. to Lewis Blvd. go 1 mile. This 100' high stone obelisk memorializes Sgt. Charles Floyd who died on the 1804 Lewis & Clark Expedition. Overlooking a breathtaking view of the Missouri River. It was the first historic landmark registered by the U.S. Government in 1960.

### **Sgt. Floyd Welcome Center and Riverboat**

1000 Larson Park Rd. On the riverfront . Exit 149 from I-29, Hamilton Blvd. 712-279-0198 [www.siox-city.org/museum](http://www.siox-city.org/museum) . Board the M.V. Sergeant Floyd and begin a journey into the region's maritime history. Built in 1932 as an inspection boat by the U.S. Army Corp of Engineers, the Sergeant Floyd River Museum & Welcome Center chronicles the Missouri River's development as a major shipping route and the key to Sioux City's success in the early years of its founding. Discover exhibitions in the Lewis & Clark Expedition, the fur trade, Sioux City's, evolution as a transportation hub and those rivercraft which still ply the waters of the Missouri river. An official Iowa and Nebraska Center, the center also provides travel planning for the tri-state region. The location provides views of the Missouri, picnic sites and access to the riverfront trail systems. The Galley Gift Shop features Sioux City souvenirs. Open daily 9am -6pm.

### **Sioux City Art Center**

225 Nebraska St., 712-279-6272. Named "2002 Tourism Attraction of the Year" by the Iowa Division of Tourism and Travel, the Sioux City Art Center houses a three- story glass atrium and five galleries to showcase traveling and permanent collection exhibitions. [www.sioxcityartcenter.com](http://www.sioxcityartcenter.com)



## ENTERTAINMENT / ATTRACTIONS (Continued)

Request a free Visitors Guide by calling 800-593-2228.  
Visit [www.sioxlandevents.com](http://www.sioxlandevents.com) to see daily events in the community.

### **Sioux City Public Museum**

2901 Jackson St. 712-279-6174 Enter the world of financier John Pierce through the home he built in 1893 and learn the evolution of Sioux City and its growth from a frontier town at the edge of the Dakota Territory to the city it is today. Explore the region's Native American heritage in exhibitions dealing with the lives and material culture of the Lakota Sioux, Winnebago and Omaha tribes. View an early log cabin built in Nebraska and reconstructed in the museum. Free admission Hours: Tue - Sat 9-5 & Sunday 1-5.

### **South Dakota's Adams House & Nature Preserve**

Exit 4 off I-29, drive 1 mile west and 1 1/2 miles south in North Sioux City, SD. 605-232-0873.  
[www.state.sd.us/state/executive/gfp/index.html](http://www.state.sd.us/state/executive/gfp/index.html) The Adams House & Nature Preserve is a 1500 acre park in the Missouri River basin. The homestead was established in 1872 by Steven Sears Adams and included the family's original farmhouse, a historical barn, the Lamont country school and Stavenger Lutheran church. It also includes interpretive exhibits, more than seven miles of hiking and biking trails with opportunities to view native plants and wildlife. Located in the heart of South Dakota's fastest-growing region.

### **South Ridge Golf Dome**

618 W. 25th St. So. Sioux City NE. 402-494-4323 Siouxland's premier, indoor sports facility. Open year round. Party rooms available for all occasions.

### **Southern Hills Mall**

4400 Sergeant Rd. 712-274-0109 [www.SouthernHillsMall.com](http://www.SouthernHillsMall.com) With 110 specialty stores, Southern Hills Mall is anchored by Sears, Barnes & Nobel, Younkers and Scheels All Sports. It features a dozen restaurants, cafe court and 12-screen cinema with stadium seating.

### **Stone State Park**

5001 Talbot Rd. 712-255-4698 or contact the Nature Center 712-258-0838. This 1,069 acre state park, named for the Thomas Jefferson Stone family, is located on the western border of Iowa in the Plymouth and Woodbury counties. The rugged topography and panoramic views attract 200,000 people annually. The park is open year-round from 4 am-10:30 pm. The park roads are closed during the winter season.

### **Trinity Heights**

33rd & Floyd Blvd. 712-239-8670. The 33' stainless steel statue of Jesus is the centerpiece of the Outdoor Cathedral. 53 acres offer a beautiful setting for the 30' stainless steel statue of Mary, the Trinity gardens and Circle of Life memorial to the Unborn, the St. Joseph Center Museum features a life-size wood carving of the Last Supper. Open 7 days a week 10-9 Apr-Sept; 10-4 Oct-Mar.

### **War Eagle Monument**

Take I-29 Exit 151 and follow War Eagle Dr. War Eagle was said to have been Mdewakanton or Isanti Dakota Indian. A friend to the white people, he died in 1851. A monument was erected on this bluff honoring him, which provides a breathtaking view of the tri-state area.



## TRANSPORTATION

### Air

#### **Sioux Gateway Airport – Col. Bud Day Field**

2403 Ogden Avenue, Sioux City, IA. Ph. 712-279-6165, [www.flysiouxgateway.com](http://www.flysiouxgateway.com)

Air carriers serving Sioux Gateway Airport: Northwest Airlines

#### **Omaha Airport – Eppley Airfield**

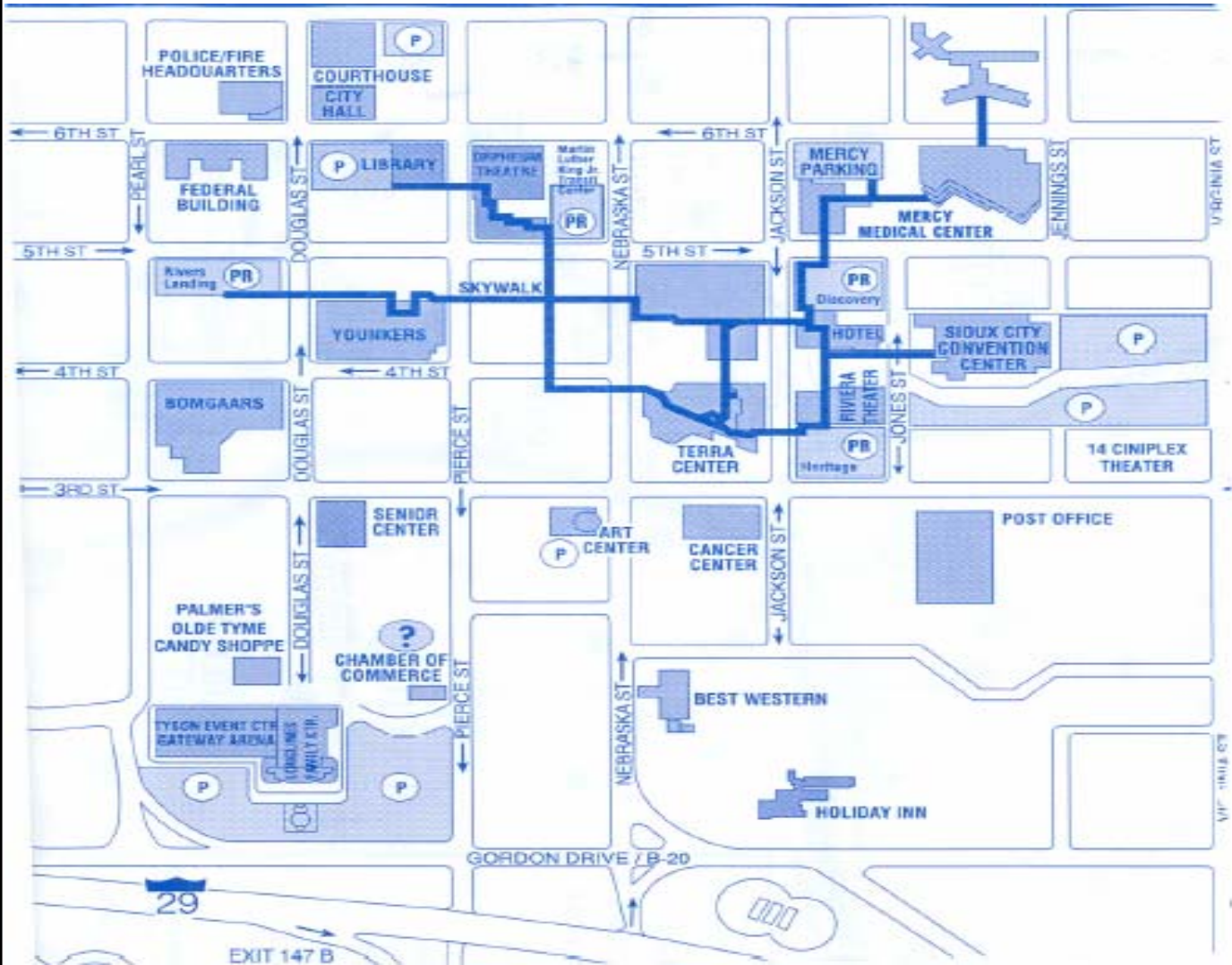
4501 Abbott Drive, Omaha, NE. Ph: 402-661-8017, [www.eppleyairfield.com](http://www.eppleyairfield.com)

Air carriers serving Omaha Airport: America West, American Airlines, Continental, Delta, Frontier, Mesa, Midwest, Northwest, Southwest, United Airlines

### Ground

Enterprise Rent A Car	800-736-8222
Great Western Car & Van Rental, 6 <sup>th</sup> & Chambers	712-255-5304
Hertz Rent a Car at Sioux Gateway Airport	712-255-4986
National Car Rental at Sioux Gateway Airport	712-255-6629
Prince & Princess Limousine	877-336-7556
Travel Plus Limousines	712-223-1113
<a href="http://www.travelpluslimousines.com">www.travelpluslimousines.com</a>	

# Downtown Sioux City, Iowa







## ASSUMPTION OF RESPONSIBILITIES AND RELEASE

In consideration for the opportunity to participate in 2006 World Team Trials Competition, including all Regional Trials, US Open, Final World Team Trials and other qualifying competitions, the undersigned and his/her parent or guardian, if applicable, hereby acknowledges and agrees to the following terms:

1. The following words used in this document will have the meaning indicated:
  - a "EVENT" shall mean any competition which may qualify the competitor for the 2006 World Team and/or USAW National Team.
  - b "USAW" shall mean The United States of American Wrestling Association, Inc., d/b/a USA Wrestling, Inc., and its directors, officers, volunteers, members, employees, officials, committees, clubs, affiliates, agents and their successors and assigns.
  - c "USOC" shall mean the United States Olympic Committee and its directors, officers, members, employees, officials, volunteers, committees, clubs, affiliates, agents and their successors and assigns.
  - d "PARTICIPANT" shall mean the undersigned individual who competes in an EVENT and his/her parents, legal guardians, heirs, personal representatives and their successors and assigns.
2. By participating in any and all EVENTS that may qualify him for the 2005 United States World Team, PARTICIPANT agrees to abide by the following terms:
  - a PARTICIPANT is aware that the World Team Trials in freestyle and Greco-Roman styles will be held May 27-28, 2006 in Sioux City, IA at the Tyson Event Center for Men. PARTICIPANT is aware that the World Team Trials in Women's freestyle will be held June 30, 2006 in Colorado Springs, CO at Colorado Springs Christian.
  - b PARTICIPANT agrees to abide by the USOC and USAW Code of Conduct, and any and all other rules, procedures and requirements applicable to the USA Wrestling National Team and/or 2006 United States World Team at all EVENTS and related activities.
  - c PARTICIPANT acknowledges that the EVENT, related activities and performances may be televised live and/or videotaped for broadcast, cablecast, home video entertainment and/or any other use or distribution.
  - d PARTICIPANT consents that USAW, and any television network, broadcast company, production company or any other parties with which USAW has agreements for such purposes, and/or their licensees, shall have the right, without any compensation to PARTICIPANT, to use PARTICIPANT'S name, photograph, image, likeness, biography and accomplishments and displays of wrestling ability in any Dissemination of the EVENT and for the purpose of advertising, promoting and publicizing the events and activities of USAW and the program and/or any program series of which any dissemination of the EVENT is a part.
  - e Upon qualifying for the USA Wrestling National Team and/or 2006 United States World Team, PARTICIPANT agrees to fully participate in the assigned National Team training scheduled, determined by the National Team Coach, Olympic Team Coaches and Director of National Teams.
  - f Upon qualifying for the USA Wrestling National Team and/or 2006 United States World Team, PARTICIPANT agrees to participate in assigned appearance schedules, determined by USAW.
  - g Upon qualifying for the USA Wrestling National Team and/or 2006 United States World Team, PARTICIPANT agrees to abide by the USAW National Team Contract and its included terms.
3. Failure to comply with any or all of the above conditions can result in removal of PARTICIPANT from the 2005 United States World Team and/or USAW National Team.
4. USA Wrestling (USAW) is committed to providing a safe environment for its members, participants, coaches, officials and volunteers and to prevent abusive conduct and harassment in any form while participating in the activities of USAW. USAW promotes good sportsmanship throughout the organization and encourages qualities of mutual respect, courtesy and tolerance in all members, participants, coaches, officials, staff and volunteers. USAW advocates building strong self-images among participants. Athletes with a strong self-image may be less likely targets for abuse or harassment; similarly, they may be less likely to engage in abuse or to harass or bully others around them.

To this end, USAW has established the following guidelines of behavior. All members of the organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

Harassment and abuse are defined in various sources such as state law, case law, sports organization and professional association codes of conduct and training manuals, corporate and business workplace documents and human rights commission materials. USAW has not adopted any specific definition of harassment or abuse, choosing instead to defer to such general sources and definitions for reference and application, depending on the circumstances. As further elaboration of examples given above, the following generally describe conduct that may be considered harassment or abuse:

- Any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, ethnicity, national origin, religion, age, gender, sexual orientation, disability or other personal characteristic.
- Creating an environment through behavior or course of conduct that is insulting, intimidating, humiliating, demeaning or offensive.
- Harassment usually occurs when one person engages in abusive behavior or asserts unwarranted power or authority over another, whether intended or not, and may include, for example, name-calling, threats, belittling, unwelcome advances and requests for sexual favors (as well as undue pressure to perform or succeed).
- Harassment includes child abuse.
- Child abuse can include physical contact – or the threat of it – that intentionally causes bodily harm or injury to a child. This may include, for example, hitting, shaking, kicking, shoving, forcing an athlete to wrestle when injured or mandating excessive exercise as a form of punishment. It may also include touching for the purpose of causing sexual arousal or gratification that involves a child, rape, incest, fondling, exhibitionism and sexual exploitation. It may also include chronic attacks on a child's self-esteem, such as psychologically destructive behavior consisting of ridiculing, screaming, swearing, racist comments, threatening, stalking, hazing and isolating.

BY SIGNING THIS DOCUMENT, PARTICIPANT ACKNOWLEDGES HAVING READ AND UNDERSTOOD ITS MEANING AND CONTENTS.

\_\_\_\_\_  
Print Name of PARTICIPANT

\_\_\_\_\_  
Signature of PARTICIPANT

\_\_\_\_\_  
Date



WORLD TEAM TRIALS  
SIOUX CITY, IOWA  
MAY 27 - 28, 2006

**ADDITIONAL CREDENTIAL FORM**

CLUB/TEAM: \_\_\_\_\_ Date: \_\_\_\_\_

Team Leader: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

**MAKE DUPLICATE COPIES AS NEEDED**

Coach: \_\_\_\_\_ USA Coaches Card Number: \_\_\_\_\_

Coach: \_\_\_\_\_ USA Coaches Card Number: \_\_\_\_\_

Coach: \_\_\_\_\_ USA Coaches Card Number: \_\_\_\_\_

Coach: \_\_\_\_\_ USA Coaches Card Number: \_\_\_\_\_

Coach: \_\_\_\_\_ USA Coaches Card Number: \_\_\_\_\_

Trainer: \_\_\_\_\_

Each 2006 Senior National Champion is allowed have ONE workout partner credential for the World Team Trials. Please fill out this form by May 19 , 2006.

National Champion Requesting Credential

Name on Workout Partner Credential

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**NOTICE:** Please fill in the form with printed characters and fax to: Pete Isis at (719) 598-9440 by May 19, 2006. Athletes and coaches who fail to register by May 19, 2006 will be CHARGED a \$25.00 late processing fee per credential to attend the 2006 World Team Trials. This processing fee is payable prior to obtaining a credential.