

# Douglas JV Boys & Girls

## Ground & Pound POD Tournament

Format: Pod Style (Goal to get each 6 Matches)

3 -1.5min Periods Per Bout

Entry: Track Wrestling



**Douglas High School**

Weigh-ins @7:30am

December 6th 2025

1670 Hwy 395

Minden, NV 89423

**Cost:**

**\$300 Per Team**

**18 Max**

**or**

**\$30 per**

**Individual up to 5**

**Team Name:** \_\_\_\_\_

**Head Coach:** \_\_\_\_\_

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

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

Make Checks Payable to:  
DHS Wrestling C/O Jake Fair