

**MID HUDSON ATHLETIC LEAGUE
ATHLETIC DIRECTORS WORKSHOP
OCTOBER 19, 2022 - 9:30AM
Ulster BOCES**

1. APPROVAL OF MINUTES OF LAST MEETING-
2. SECTION REPORT-MR. GREG RANSOM/ JIM OSBORNE

3. PRESIDENT'S REPORT- MR TOM CASSATA- SECTION FOOTBALL
4. REGIONAL OFFICE REPORT.- MR. CHRIS MAYO

5. ATHLETIC COORDINATOR'S REPORT- MR. DENNIS BURKETT
 - TEAM FORMS
 - BEDS
 - BOYS VOLLEYBALL
 - RATINGS/WINTER RULES/COACHING COURSES

6. Combining of Teams- Mr. Dom Zarrella

7. Modified Report- Mr. Greg Warren-

8. OLD BUSINESS-

9. NEW BUSINESS-

10. MOTION TO ADJOURN-

2022-23 SECTION 9 DUALS

SECTION 9's QUALIFIER FOR THE NYS DUAL MEET CHAMPIONSHIPS ON SATURDAY, JANUARY 28

ROUND OF 16	QUARTERFINALS	SEMI's	FINALS
TWO SITES / 2 MATS / TUESDAY 01/10/23		ONE SITE / 2 MATS / WEDNESDAY 01/11/23	
DAY # 1 at NEWBURGH FREE ACADEMY		DAY # 2 at MINISINK VALLEY	

DAY # 1 at NEWBURGH FREE ACADEMY		DAY # 2 at MINISINK VALLEY	
1- MINISINK VALLEY	1-MINISINK VALLEY	<div style="border: 1px solid black; padding: 5px; display: inline-block;">DIVISION 1</div> <div style="font-size: 2em; color: red; transform: rotate(-5deg); font-weight: bold;">DRAFT</div> <div style="text-align: center;">SECTION 9 D1-DUAL MEET CHAMPIONS 2022-23</div> <div style="text-align: center;">WILL REPRESENT S9 AT THE NYS DUAL MEET CHAMPIONSHIPS SATURDAY 1/28/23</div>	
BYE	BYE		
9- VALLEY CENTRAL	7:30 p.m. / MAT #2		
6:00 p.m. / MAT #1			
8- NEWBURGH			
5- MONROE WOODBURY			
6:00 p.m. / MAT #2			
12- KINGSTON	7:30 p.m. / MAT #1		
13- FDR-HYDE PARK			
5:00 p.m. / MAT #1			
4- WARWICK VALLEY			
DAY # 1 at WALLKILL		6:30 p.m. / MAT #1	
3- MIDDLETOWN		<div style="border: 1px solid black; padding: 5px; display: inline-block;">DIVISION 2</div> <div style="text-align: center;">SECTION 9 D2-DUAL MEET CHAMPIONS 2022-23</div> <div style="text-align: center;">WILL REPRESENT S9 AT THE NYS DUAL MEET CHAMPIONSHIPS SATURDAY 1/28/23</div>	
5:00 p.m. / MAT #1			
14- BEACON	7:30 p.m. / MAT #1		
11- WASHINGTONVILLE			
6:00 p.m. / MAT #1			
6- GOSHEN			
7- CORNWALL			
6:00 p.m. / MAT #2			
10- PINE BUSH	7:30 p.m. / MAT #2		
BYE			
2- WALLKILL	2-WALLKILL		
	BYE	5:00 p.m. / MAT #2	

DAY # 1 at PORT JERVIS		DAY # 2 at MINISINK VALLEY	
OUTBRACKETS	QUARTERFINALS	SEMI's-Day 1	FINALS-Day 2
1- PORT JERVIS	1- PORT JERVIS	<div style="border: 1px solid black; padding: 5px; display: inline-block;">DIVISION 2</div> <div style="text-align: center;">SECTION 9 D2-DUAL MEET CHAMPIONS 2022-23</div> <div style="text-align: center;">WILL REPRESENT S9 AT THE NYS DUAL MEET CHAMPIONSHIPS SATURDAY 1/28/23</div>	
	5:00 p.m. / MAT #1		
8- HIGHLAND			
	7:30 p.m. / MAT #1		
5- SAUGERTIES			
6:00 p.m. / MAT #1			
4- ONTEORA			
3- NEW PALTZ			
6:00 p.m. / MAT #2			
6- CHESTER			
	7:30 p.m. / MAT #2	6:30 p.m. / MAT #2 @MINISINK VALLEY HS	
7- OUR LADY OF LOURDES			
5:00 p.m. / MAT #2			
2- RED HOOK			

SEEDING AND DEVELOPMENT OF BRACKETS:

Teams are placed on the bracket using the following guidelines:

- The NUMBER OF SEEDING PTS (based on the formula which tallies returning sectional points and returning wrestlers) will determine the seeds.
- Should any teams have the same total points, # of points earned in the prior year sectional tournament will be used as the tie breaker.
- The top 2 seeded D1 teams will all earn any BYEs needed to fill the bracket.
- The team with the most points will be entered on the bracket sheet as the #1 seed and remaining seeds will also be based on the most points earned from the seeding formula.
- There are no wrestlebacks or consolation matches in this tournament, the winner must beat all.

Should more than the allotted number apply, they will be wait-listed. A first draft of the bracket will be sent during the summer. The finalized bracket shall be presented at the November Section 9 Athletic Council meeting for final approval before it is made official. The official bracket could change the week following the end of weight certifications in November if transfers not originally accounted for become known, math errors in applying the point formula are discovered, or if teams become aware they cannot fill the required number of weight classes. Once possible changes are made after weight certs are completed the D1 bracket will then be locked in. Once locked in, if a D1 team scratches, the D1 bracket will not be re-done, the team scheduled to wrestle the scratched team will advance by forfeit. In D1: The wait-listed team will move into the bracket as the 15th seed- on the Bye line and wrestle the #2 seed. If a D2 seeded team scratches, a wait-listed team can be added. The D2 bracket will be redrawn. No changes will be made to the D2 bracket after the Tuesday prior (1/3/23). Scratches after that point will become Forfeits.

Teams may meet teams from their league in any round. Brackets will not be adjusted because teams are also scheduled to meet during the season. As the S9 Duals bracket draft will be available in September: this gives schools plenty of time to adjust schedules. With consent of both Athletic Directors, teams may count their match in the Section 9 Duals as their league match. This gives more flexibility in scheduling opponents you are not originally scheduled to wrestle.

PYRAMID PROGRESSIONS

	Non-released	Released Transition	Braced Roll/Flip
BASIC	<ul style="list-style-type: none"> Extensions on two feet or single leg variations at prep level Preps or single leg variations below prep level 	<ul style="list-style-type: none"> From load to prep with braces below prep level (2) Released transitions at prep or below (2) 	<ul style="list-style-type: none"> Rolling transition to prep and below Flipping transition landing below prep level (1 or 2) Single based forward flip to cradle (1 or 2)
INTERMEDIATE	<ul style="list-style-type: none"> Braced non-released transitions Inverted stunts to prep level and below 	<ul style="list-style-type: none"> Released transitions to prep or below (1) Released transition landing extended (2) 	<ul style="list-style-type: none"> Rolling transition to extended position (2) Flipping transition landing at prep level (2)
ADVANCED	<ul style="list-style-type: none"> Inverted stunts to extended (2) 	<ul style="list-style-type: none"> Released transition landing extended (1) Hand to Foot Inverted stunts released to prep level and below (1) Hand to Foot with Kick Hand to Foot with twist Inversion released to extended (2) 	<ul style="list-style-type: none"> Rolling transition to extended position (1) Twisting flip transition landing below prep level (1 or 2) Braced flip with a full twist landing in cradle (1) Flipping transition landing at prep level (1) Side sumi landing in prep
ELITE	<ul style="list-style-type: none"> Inverted stunts involving full spinning to extended (2) Inverted stunts to extended (1) 	<ul style="list-style-type: none"> Release transition involving full spinning (2) Inversion released to extended (1) 	<ul style="list-style-type: none"> Flipping transitions landing extended (2) Twisting flipping transition landing at prep level (1 or 2) Flipping transition starting at prep or above, landing extended (2)
SUPER ELITE	<ul style="list-style-type: none"> Inverted stunts involving full spinning to extended (1) 	<ul style="list-style-type: none"> Release transition to extended involving full spinning (1) 	<ul style="list-style-type: none"> Flipping transition, landing extended (1) Flipping transition, landing extended with 1 base (2) Flipping transition starting at prep or above, landing extended (1) Twisting flipping transition, landing extended (2) Twisting flipping transition, landing extended (1) Flipping transition, landing extended with 1 base (1) Twisting flipping transition, landing extended with 1 base (2) Twisting flipping transition, landing extended with 1 base (1)

*Numbers in () is the number of bracers utilized during the transitions.

*Unbraced skills should follow the stunt progression sheet.