



## SUMMER LEAGUE - HIGH SCHOOL

Folkstyle scrimmage wrestling format

Each wrestler can expect to get 4 or more folkstyle scrimmage matches each session, keep skills sharp and improve during the folkstyle preseason. Separate sign-up for each evening they wish to participate, no walk-ins.

### WHO:

Open to **INDIVIDUALS and TEAMS**

2022 – 2023 Freshman, Sophomore, Junior or Senior

- Advanced level 7<sup>th</sup> & 8<sup>th</sup> grade wrestlers

Male and Female Wrestlers

### DATES / TIMES:

6:00 PM – 8:00~ PM, whenever finished

Wednesday Evenings:

July 20 & 27

August 3 & 10

### WHERE:

512 Outlaw Wrestling Training Center

1001 Doris Lane, Unit D, Cedar Park, TX 78613

### WAIVERS:

[www.512owc.org/summer-league](http://www.512owc.org/summer-league)

Must bring a signed waiver to the first session you attend

### BRACKETING / ATTIRE:

No weight classes, no weigh-in, honor system

Shorts, shirt, and wrestling shoes required, singlet, and headgear recommended

No school singlets

### MODIFIED RULES:

Folkstyle wrestling: 3 - 1 ½ MINUTE PERIODS

Any Fall will be brought to their feet to continue to wrestle

For more information on the High School Summer League Wrestling please contact Seamus Burke at [seamus@512owc.org](mailto:seamus@512owc.org), 512.925.5299 or go to [www.512owc.org/summer-league](http://www.512owc.org/summer-league)