

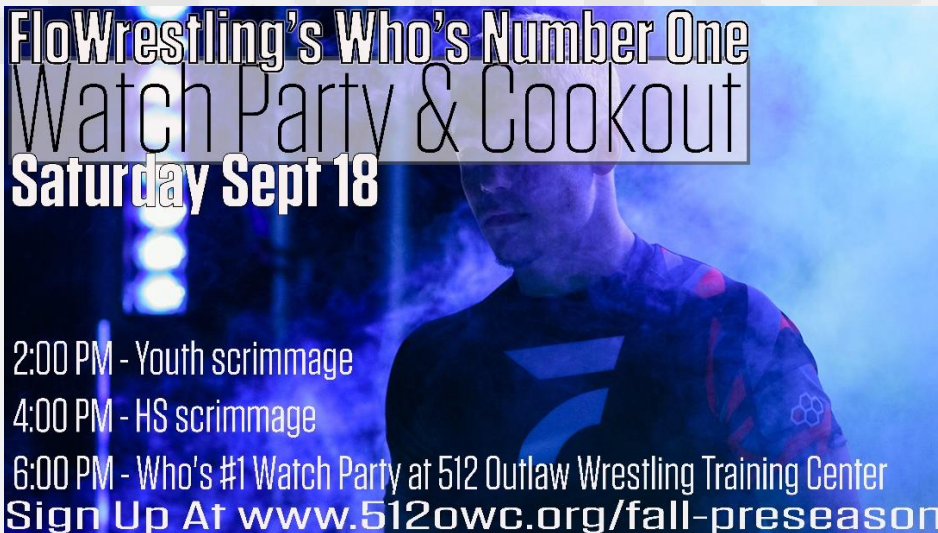
# 512 Outlaw WRESTLING

## HIGH SCHOOL FALL PRESEASON WRESTLING

Folkstyle scrimmage wrestling

Goal to get each wrestler to get 4 or more folkstyle scrimmage matches each session, sharpen skills and improve during the folkstyle preseason. Separate sign-up for each weekend, no walk-ins.

<b>WHO:</b> Open to <b>INDIVIDUALS and TEAMS</b> Freshman, Sophomore, Junior or Senior <ul style="list-style-type: none"><li>Advanced level 7<sup>th</sup> &amp; 8<sup>th</sup> grade wrestlers</li></ul> Male and Female Wrestlers	<b>DATES / TIMES:</b> 9:00 AM – 11:00 AM ~ (Sept 18 at 4:00 PM) Saturday morning's: September: 11, 18** & 25 **Sept 18 at 4:00 PM, w/ WHO'S #1 Watch Part & Cook out following scrimmage October 2 & 9
<b>WHERE:</b> 512 Outlaw Wrestling Training Center 1001 Doris Lane, Unit D, Cedar Park, TX 78613	<b>MODIFIED RULES:</b> Folkstyle wrestling: 3 - 1 to 1 ½ MINUTE PERIODS Any fall will be brought to their feet to continue to wrestle
<b>REGISTER:</b> <a href="http://www.512owc.org/hs-preseason">www.512owc.org/hs-preseason</a> No Walk-ins \$10.00 per wrestler CASH ONLY at the door Must bring signed waiver to first session you attend	<b>BRACKETING / ATTIRE:</b> No weight classes, no weigh-in, honor system Singlets, shorts, shirt, wrestling shoes required, headgear optional <b>No school singlets</b>



**FloWrestling's Who's Number One  
Watch Party & Cookout  
Saturday Sept 18**

2:00 PM - Youth scrimmage  
4:00 PM - HS scrimmage  
6:00 PM - Who's #1 Watch Party at 512 Outlaw Wrestling Training Center  
**Sign Up At [www.512owc.org/fall-preseason](http://www.512owc.org/fall-preseason)**

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