



## HIGH SCHOOL SUMMER LEAGUE WRESTLING

Goal to get each wrestler to get 3 or more folkstyle scrimmage matches each session, keep skills sharp and improve during the summer. All wrestlers will need to bring a waiver to the first session they attend, a current USA Wrestling Athlete membership card and to sign-up for each evening they wish to participate, no walk-ins.

### SUMMER WRESTLING MAKES WINTER CHAMPIONS

#### WHO:

Open to **INDIVIDUALS and TEAMS**

2021 – 2022 school year: Freshman, Sophomore, Junior or Senior

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

Male and Female Wrestlers

#### DATES / TIMES:

5:00 PM – 7:00~ PM, whenever finished

Wednesday Evenings:

June 16, June 23 & June 30

July 14, July 21, July 28

#### WHERE:

512 Outlaw Wrestling Training Center

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

#### REGISTER:

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

No Walk-ins

\$10.00 per wrestler CASH ONLY at the door

Must bring signed waiver to first session and copy of USA Wrestling membership card

#### 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 to 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)



## YOUTH SUMMER LEAGUE WRESTLING

Goal to get each wrestler to get 3 or more folkstyle scrimmage matches each session, keep skills sharp and improve during the summer. All wrestlers will need to bring a waiver to the first session they attend, a current USA Wrestling Athlete membership card and to sign-up for each day they wish to participate, no walk-ins.

### SUMMER WRESTLING MAKES WINTER CHAMPIONS

#### WHO:

Open to **INDIVIDUALS and TEAMS**

2021 – 2022 school year: Kindergarten to 8<sup>th</sup> Grade

- Advanced level 7<sup>th</sup> & 8<sup>th</sup> grade wrestlers can attend HS Summer League

Male and Female Wrestlers

#### DATES / TIMES:

9:30 AM – 11:30~ AM, whenever finished

Saturday Mornings:

June 12, June 19 & June 26

July 10, July 17, July 24

#### WHERE:

512 Outlaw Wrestling Training Center

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

#### REGISTER:

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

No Walk-ins

\$10.00 per wrestler CASH ONLY at the door

Must bring signed waiver to first session and copy of USA Wrestling membership card

#### BRACKETING / ATTIRE:

No weight classes, no weigh-in, honor system

Grouped by age/weight/experience to the best of our ability based on attendees

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

#### MODIFIED RULES:

Folkstyle Wrestling: 3 - 1 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)