

512 Outlaw WRESTLING

YOUTH 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 day, no walk-ins.

<p>WHO: Open to INDIVIDUALS and TEAMS 2021 – 2022 school year: Kindergarten to 8th Grade</p> <ul style="list-style-type: none"> Advanced level 7th & 8th grade wrestlers can attend HS Summer League <p>Male and Female Wrestlers</p>	<p>DATES / TIMES: 11:30 AM – 1:30 PM ~ (Sept 18 at 2:00 PM) Saturday's: September: 11, 18** & 25 **Sept 18 at 2:00 PM, w/ WHO'S #1 Watch Part & Cook out following HS scrimmage) October 2 & 9</p>
<p>WHERE: 512 Outlaw Wrestling Training Center 1001 Doris Lane, Unit D Cedar Park, TX 78613</p>	<p>MODIFIED RULES: Folkstyle Wrestling: 3 - 1 to 1 ½ MINUTE PERIODS Any fall will be brought to their feet and continue to wrestle</p>
<p>REGISTER: www.512owc.org/youth-preseason No Walk-ins \$10.00 per wrestler CASH ONLY at the door Must bring signed waiver to first session you attend</p>	<p>BRACKETING / ATTIRE: No weight classes, no weigh-in, honor system Grouped by age/weight/experience to the best of our ability based on attendees Singlets, or shorts, shirt, wrestling shoes required, headgear optional</p>

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

For more information on the Youth Folkstyle Preseason Wrestling please contact Seamus Burke at seamus@512owc.org, 512.925.5299 or go to www.512owc.org/youth-preseason