

# 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 day they wish to participate, no walk-ins.

### WHO:

Open to **INDIVIDUALS and TEAMS**  
Freshman, Sophomore, Junior or Senior

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

Male and Female Wrestlers

### DATES / TIMES:

9:00 AM – 11:00 AM ~  
Saturday morning's:  
August: 21 & 28  
September: 11, 18 & 25  
October 2 & 9

### WHERE:

512 Outlaw Wrestling Training Center  
1001 Doris Lane, Unit D, Cedar Park, TX 78613

### REGISTER:

[www.512owc.org/hs-preseason](http://www.512owc.org/hs-preseason)  
No Walk-ins  
\$10.00 per wrestler CASH ONLY at the door  
Must bring signed waiver to 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 to 1 ½ MINUTE PERIODS  
Any Fall will be brought to their feet to continue to wrestle

For more information on the High School Fall 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)

# 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 they wish to participate, no walk-ins.

### 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:

11:30 AM – 1:30 PM ~

Saturday's:

August 28

September 11, 18 & 25

October 2 & 9

### WHERE:

512 Outlaw Wrestling Training Center

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

### REGISTER:

[www.512owc.org/youth-preseason](http://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

### 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 to 1 ½ MINUTE PERIODS

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

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