VAWA Freestyle - Folkstyle Event Series

Deep Creek April 25, Ocean Lakes May 2

Folkstyle Rookie and Open kids

$25

Ages 12 and under (born 2008 and after)

* Madison weights (an effort to try and group wrestlers within 2 years)

(whatever a wrestler weighs-no established weight classes)

* Rookie Division for wrestlers with only one year of experience
* Open Division for all other wrestlers (Rookie can enter this also if elected)

(Wrestlers are matched together as best as possible giving consideration to age and weight)

Awards: Top 3 places

8am: Weigh ins for those who have not weighed in yet

9am: Wrestling Begins

VAWA Freestyle Event

$30

Noon: A Brief Freestyle clinic is held for everyone

* Ages : 10 and up (Born 2010 and before - basically thru senior in HS)
* Weights: Madison. (whatever a wrestler weighs-no established weight classes)
* Groups: 10-12, (born 2010-2008) 13-14 (born 2007-06), 15-18 (born 2005-02)

In the event there are no wrestlers in an age or weight- the wrestler will be moved to another weight for competition with coach/parent approval.

Awards: Top 3 places

11:30: Weigh ins for those who have not weighed in yet

12:30: Wrestling Begins

Greco Clinic

Towards the end of Freestyle we do a short Greco clinic. Wrestlers can have the opportunity to experience this style of wrestling at no charge. All wrestlers find a partner, line up at any mat and wrestle a 2 min Greco match for free and fun

Satellite weighs are available through communicating with the site host

Contacts:

April 25 - Deep Creek: Travis Ferguson, Travisferguson1982@gmail.com

May 2 - Ocean Lakes: Chris Barnhart, christopher.barnhart@vbschools.com

General Questions about all events:

Jack Harcourt: jack.harcourt@virginiawrestling.com