

Wave Wrestling Club – Freestyle & Greco-Roman

2023



Practice Dates: Monday 6:00-8:00 PM; Wednesday 4:00-5:30 PM, & Thursday 6:00-8:00 PM, Sun or Sat TBA (when not traveling / competing)

Practice starts: Monday, March 20, 2023

Place: CBHS Brothers Development Center

Cost: \$125 (financial assistance for any who need it, contact the club to inquire)

Register & pay online at TrackWrestling:

http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=222843132

Contact: wavewrestlingclub@gmail.com

The practice schedule will change some during the season, but we will try and ensure three opportunities for practice each week. There will also be opportunities for practices on Saturdays and/or Sundays.

All wrestlers are required to have an active USA Wrestling Athlete membership. Go to the www.themat.com or follow the link <https://www.usawmembership.com/> to register with USA Wrestling.

Why Freestyle and Greco wrestling:

- 1) It is fun! Nothing like learning new skills in a style meant to encourage scoring! (The schools that promote folkstyle year round, generally don't do anything—same old, same old gets tiring)
- 2) These are the international styles of wrestling competed in around the world and in the Olympics. We already have had one world team member come out of the club and another who has traveled and competed internationally while still in the club... who knows who may become our first Olympian!
- 3) It makes you a better folkstyle wrestler. Freestyle and Greco wrestling not only enhance what you currently do, but take you out of your comfort zone and promote fast paced wrestling and big throws. They can make you a dangerous wrestler!

History of Success: Our club has produced multiple USAW All-Americans in both styles in age groups from kids through high school, including TN's only Junior National Champion in Freestyle and a Junior Greco-Roman National Champion. We have also produced multiple Southeast and Central Regional placers and champions. Our club has also played a significant role in supporting 5 recent TN high school team championships and more than 30 TN high school state champions in the last 19 years. Spring and summer work results in winter champions!!!

Tentative Schedule: Many states are continuing to work on their tournaments calendars, so our calendar is still under construction. It will include a mix of local tournaments in TN and other states as well as regional and national competitions. We are also working to line-up several camps during the spring / summer.

3/30-4/2	USA Wrestling Folkstyle Nationals	Cedar Falls, IA
4/8/23	Hatcher FS/GR Camp	CBHS, TN
4/14-4/15	TNUSAW Ironman – Folk/FS/FR	Blackman, TN
4/21-4/22	Franklin Grizzly FS/GR	Franklin, IN
4/29/23	Bluff City Brawl	Bartlett HS, TN
5/6/23	TNUSAW Freestyle/Greco State Tournament	Summit HS, TN
5/7/23	TNUSAW Best of the Best Duals	Summit HS, TN
5/26-5/28	USAW Southeast Regionals	Cherokee, NC
TBD	Music City Beach Bash	Spring Hill, TN
6/6-6/10	USAW 16U National Duals (TN state level team)	Love's Park, IL
6/7-6/11	USAW 14U National Duals (TN state level team)	Oaks, PA
6/13-6/18	USAW Junior National Duals (TN state level team)	Tulsa, OK
6/19-6/22	CBHS Folkstyle Youth Camp (Beg & Advanced)	CBHS, TN
6/25-6/27	USAW Kids Freestyle & Greco Nationals	Farmington, UT
7/15-7/22	Fargo National Championships	Fargo, ND
TBD	Greco Weekend Training Camp (Brackett)	CBHS, TN

*This schedule is TENTATIVE and can be modified at any time.