

LOVEJOY SPRING WRESTLING CLUB

Informational Meeting

Agenda

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Registration Link:

<https://goo.gl/forms/gJ5Sp9CdtWkNntCo2>



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LOVEJOY FREESTYLE CLUB

All practices are currently scheduled to be run as follows:

K-12th grade: Practice on Monday, (some Wednesdays) & Thursday: 4:45-6:15 pm

Practices held at Sloan Creek I.S. wrestling room, 440 Country Club Road, Fairview.

The schedule listed below is of the dates of practices (Mondays & Thursdays, mainly) and the tentative dates of local tournaments (denoted in bold and underlined).

PRACTICE (& TOURNAMENT) SCHEDULE:

MARCH— 16, 23, 26, 30,

APRIL—2, (**4**), 6, 8, (**11**), 16, (**18**), 20, 23, (**25**), 27, 30

MAY—(**2**), 4, 7, (**8-10: Women's Nationals**), 11, 14, (**16-17: State tournament**)



Summer work makes winter champions!

LOVEJOY SPRING WRESTLING

"Success doesn't come to you—you go to it!"

Cost associated with LOVEJOY SPRING WRESTLING CLUB:

\$150 fee for season. (Checks made out to “E-trained Wrestling” or fee can be sent electronically via Zelle). Discount for siblings will be offered.

- Fee includes the following: \$40.00 to purchase USA Wrestling Card—each wrestler needs this to compete in the USA wrestling events held on Saturdays.
- Coaching fee for approx. 20 practices and minimum 4 tournaments.

Costs not covered by club fees:

- Approx. \$50 each for purchase of custom freestyle singlets—2, one red, one blue, or a reversible one. If your wrestler has his team singlet purchased this past season, it will suffice as the “red” singlet. He/she will most likely have to purchase a blue one down the road, though.
- Entry fees for all individual tournaments including state and national events.
- Travel to/from tournaments.

What each wrestler will need:

- Personal workout gear (no school issued equipment can be used).
- Wrestling shoes, singlet(s) (for competition), and head gear (only Junior level wrestlers are exempt from wearing headgear).
- Entry fee \$ (most normal tournaments will cost about \$15/one style, \$10/second style or a total of \$25 to wrestle two divisions).
- Transportation to and from competitions.

**THE TIME WILL COME WHEN WINTER WILL
ASK YOU WHAT YOU HAVE BEEN DOING ALL
SUMMER!**

LOVEJOY SPRING WRESTLING

SOME POSSIBLE WEBSITES OF WRESTLING SUPPLIERS:

- * Worldwide Sport Supply: (800) 756-3555
www.wwsport.com
- * Wrestling Central: (800) 797-2368
www.wrestling-central.net
- * All-American Wrestling Supply: (800) 727-8721
www.usawrestlingproducts.com

What you need to look for in a freestyle singlet:

- You must have a reversible singlet with one side red, one side blue or 2 singlet's, one that is predominantly red and one that is predominantly blue. (80% of the predominant color)
- I suggest you order a "Fila cut" singlet. This is a higher cut underneath the arms and is necessary if your son eventually is to wrestle at regional & national events.
- If you have a daughter wrestling, make sure to order a "woman's cut" singlet. Unfortunately, there are fewer choices for women as there are for men.
- I also suggest the "lycra" singlet versus any nylon or lesser material. The heavyweight Lycra costs more but will last longer.
- Finally, if you are looking to order any "custom" singlet, be aware that the turnaround time is much longer than an "in-stock" singlet.
- Head gear is required of every age division except the Junior level!!

2020

North Texas Freestyle and Greco Schedule

2020 Schedule coming soon....

You must preregister and pay for all events
on: www.trackwrestling.com

All tournaments are Freestyle and Greco-Roman. For the local tournaments, medals are awarded for the top 3 placers in every division. Weigh-ins for youth divisions will be from 7:00 – 8:00 am. Wrestling will start as soon as bracketed. Weigh-ins for Cadet, Junior, and Open will be 8:00 – 9:00am. Wrestling begins as soon as possible. 2018-19 USA Wrestling cards are required. If you do not already have a card, it MUST be purchased online prior to the event.

www.themat.com

Entry Fee for local tournaments is \$17.00 for one style and \$29.00 for both styles. Two dollars from each entry is going directly to fund the national teams.

Freestyle will be wrestled first and Greco-Roman will begin once the Freestyle portion of the tournament is beginning to come to a close.

The State Championships and Women's nationals will have a different time schedule.

Rule Book and Guide to wrestling

2020 Rules coming soon....

To access the 2019 edition of the Freestyle, Greco Roman, Women's, and Beach wrestling rulebook go to our website and look under the "offseason" tab and you will find the abbreviated version of this year's rulebook. Here is a link as well:

[2019 Rulebook](#)

We will discuss some of the basic rule differences between freestyle & Greco Roman as well as how these styles differ from folk style, the style we have just completed with the high school/middle school season.

There is also a link to the 2020 age and weight divisions document. Click below to look at it those breakdowns:

[2020 Age & Weight divisions](#)

Summer Camps:

Lovejoy Camp of Champions:

- For boys and girls incoming grades K – 12
- Dates: June 8-12, 2020
- Held in Lovejoy wrestling facility, Sloan Creek I.S., 440 Country Club Road, Fairview.
- <https://lovejoyathletics.com/summer-camps/>

Lovejoy out of town camps:

- 1) Lovejoy HS men's & women's select camp:
Date TBD
Site: TBD. More information provided when finalized.