

FALLS FREESTYLE

2017



Falls Freestyle will be starting this April in the Olmsted Falls High School Wrestling Room. Falls Freestyle is open to all age wrestlers from grade school through high school (ages 10-18). Practices will be on **Tuesday, Wednesday and Thursday nights** from **6pm to 8pm**, the first practice will be on **Tuesday, March 21, 2017**. As the season gets going, the high school wrestlers will have meets on Wednesday nights; open tournaments will be available to all age groups on the weekends. The season will run from the end of March through the end of June. Open mat opportunities will also be made available to all wrestlers throughout the month

of July.

Freestyle wrestling is very exciting, creative and a dynamic form of wrestling because points can be scored from almost anywhere. Freestyle wrestling will help wrestlers excel in regular wrestling (Folkstyle), because Freestyle teaches the wrestler to be more aggressive. Freestyle wrestling is very fast and exciting and most of the matches take place on your feet in a neutral position. Freestyle wrestling helps wrestler to be more aggressive and excel at takedowns.

Freestyle wrestling allows the wrestler another season in which to compete. The Freestyle season will give a wrestler another 20-30 matches of experience over his competition. The benefit of additional practices throughout the summer will also give the wrestler an edge over his competition. There is an old saying in wrestling; **MORE MINUTES ON THE MAT = MORE WINS!**

The time is now to learn freestyle wrestling. Whether you want to improve your wrestling technique and skill, want to become a state placer or champion, or even want to become a World and Olympic Champion, freestyle wrestling is mandatory to become successful. If you have high wrestling goals freestyle wrestling must be a part of your yearly wrestling plan. We at Falls Freestyle are committed to helping you learn freestyle and you, we're sure, will find it exciting.

Registration for Falls Freestyle is handled through the **Olmsted Community Center**. Registration information can be found at www.olmstedcc.com. The registration fee for Falls Freestyle will



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be \$70 which includes a USA Wrestling card valued at \$40 required for all USA Wrestling sanctioned events. If you have questions or concerns please email John Jaeckin at fallsfreestyle@gmail.com or call 440 554-4296.