



WESTERN NEW YORK SUMMER “PICK-UP” WRESTLING LEAGUE



*Sponsored by the Bulls Wrestling Club and the
Western New York Wrestling Coaches Association*

The concept behind pick-up wrestling is that there is no multi-week commitment. Wrestlers can attend and participate when available. This is especially valuable during the summer when wrestlers and their families may have conflicts on any given night.

Dates: Competition nights will be **July 6, 13, 20, and 27.**

Time: 6:00 p.m. – 9:00 p.m.

Where: University at Buffalo Wrestling Room

Format: Participating wrestlers will be grouped into 3 categories:

1. Wrestlers who have JV experience only.
2. Wrestlers who have Varsity experience but posted a record of .500 or below.
3. Wrestlers who have Varsity experience and posted a record better than .500.

Wrestlers will be weighed in each night prior to competing and will be placed into 3-4 man groups based upon weight and ability (using categories above). Weight groupings will be as follows: 100-109, 110-119, 120-129, 130-139, 140-149, 150-159, 160-169, 170-184, 185-199, 200-225, 226+. Each competitor will wrestle every person in his group using a round-robin format. (H.S. rules). In addition, the first half-hour of every night will consist of a thorough warm-up and drill/technique session led by a current member of the U.B. Wrestling Team.

Cost: \$5 per night payable at the weigh in. In addition, all participants are required to have a valid USA Wrestling card. There is a one-time \$15 fee to obtain a card if you don't have one. Cards will be available on-site.

***THIS IS A GREAT OPPORTUNITY FOR HIGH SCHOOL WRESTERS IN WESTERN
NEW YORK TO GAIN VALUABLE EXPERIENCE.***

WRESTLING IN JULY MAKES CHAMPIONS IN FEBRUARY.