

Tactik 3-style Wrestling
c/o Dwayne Henry
Riverton High School
12476 S 2700 W
Riverton, Utah 84065

2018 USA Wrestling Utah Spring Season

February 23-24

Wasatch Greco/Folkstyle/Freestyle

Tournament - Wasatch County Events Center

March 2-3

Box Elder Greco/Freestyle/Folkstyle

Tournament-Box Elder High School

March 9-10

Pleasant Grove Greco/Freestyle/Folkstyle

Tournament-Pleasant Grove High School

March 16-17

Mountain View Greco/Freestyle/Folkstyle

Tournament-Mountain View High School

March 23-24

Champions Greco/Freestyle/Folkstyle

Tournament-maple Mountain High School

April 30-31

North Summit Tournament Greco/Freestyle/Folkstyle

North Summit High School

April 6-7

Tactik Greco/Freestyle/Folkstyle

Tournament-Riverton High School

April 13-14

Corner Canyon Greco/Freestyle/Folkstyle

Tournament @ Corner Canyon High School

April 20-21

Utah Greco-Roman State Championships

presented by S&S Enterprises of Moab
Legacy Events Center (April 22nd)

Utah Freestyle State Championships

presented by S&S Enterprises of Moab
Legacy Events Center (April 23rd)

www.T3wrestling.com

Tactik 3-
Travel Club



Style Spring
Schedule

This spring we will be traveling with our club team to a few out of state events and we wanted to take the time to post those events now in order to help team members and families better prepare to make these trips. The events that we (T3) travel to are not required but definitely encouraged for each athletes growth and development, team building and exposure at the Regional and National level. If there are any questions please contact our Coaching staff.

Intermountain Warrior Challenge

Pocatello, Idaho

March 9-10, 2018 *(Folkstyle Only)*

NW Junior & Cadet Regional Championships

Battle Ground, Washington

Mar. 23-25 2018 *Greco/Freestyle)*

US Open: ASICS UWW Junior National Championships & Las Vegas Kids and Cadet Open

Las Vegas, Nevada

April 24-28 2018 *(Jr. Freestyle & Greco. Kids/ Cadets Freestyle, Greco, Folk)*

Utah Summer Games

Cedar City, Utah

May 19, 2018 *(Folkstyle Only)*

Cliff Keen Athletic West Kids & Cadet Regional Championships

Pocatello, Idaho

June 17-23 2018 *(Freestyle, Greco, Folk)*

UWW Cadet & University Nationals & U23

World Team Trials - Akron, Ohio - June 1-3

(Freestyle & Greco World Team Qualifier)

ASICS/Vaughan Junior & Cadet National Championships

July 12-21, 2018

Fargo, North Dakota Cadet and Junior

(Greco, Freestyle & Women's Freestyle)



**FREESTYLE, GRECO
& FOLKSTYLE**

**ADVANCED TRAINING IN:
THE THREE PRIMARY STYLES
OF COMPETITIVE WRESTLING
4th-12th Grades
& Open Divisions**

We are not in the practice of just putting participants out on the mat to give them more "mat time".

Our program focuses on the sound fundamentals of 3-style wrestling development consisting of a combination of practical method sessions and live situational exercises/training.

Our intent is to focus and work hard on each individual competitor to develop needed abilities. Although there will be days where participants pair, partner and work on common fundamental drills.

We want to increase core competency levels by preparing youth, high school and open division wrestlers to be prepared and successful as possible to compete at every level including but not limited to USA Wrestling State Championships as well as Regional and National events.

History

The Riverton 3-style Wrestling program is a result of the hard work and selfless volunteerism of our wrestling community. We are celebrating our 6th year of success on mats around the state as well as around the nation. Last year we partnered with Jordan and Westlake High Schools to form our current iteration, Tactik 3-Style Wrestling (T3).

Our program is designed to take all levels of wrestlers and challenge them to become better athlete's and improve their core wrestling technique. We have many different levels of wrestlers in the practice room on any given night. Wrestlers range from the novice level all the way up to Utah State, Regionals and National Champions.

Our wrestling program has been a major factor in getting wrestlers to progress on a path to success as they climb the wrestling ladder to the top. Numerous Utah High School State Champions and place winners have started on our mats. We feel it's our job to plant the seed, provide quality opportunities and challenges for wrestlers to not only become better wrestlers but to become better individuals that will continue to be part of the "WRESTLING FAMILY" for many years to come.

T3 TACTIK 3-STYLE WRESTLING

Dates: Begins Tuesday, February 20th, 2018

Grades: 4th through 12th

Locations:

Monday Jordan High School 4-6pm
Tuesday Riverton High School 6-8pm
Wednesday Brighton High School 6-8pm
Thursday Riverton High School 6-8pm

Cost: \$100.00 Includes Practices* at all locations

USA WRESTLING CARD REQUIRED

The 3-Styles of Wrestling

There are three primary wrestling styles: Freestyle, Greco-Roman, and Folkstyle (Collegiate). While all are different in their own right, all have many of the same basic characteristics. All three have takedowns, turns, and pins and the primary goal of each style is to pin your opponent.

In both Folkstyle and Freestyle, you can do takedowns by either shooting or throwing. In Greco-Roman, you can only do takedowns by attacking your opponents upper body, leg attacks are strictly prohibited.

Freestyle and Greco-Roman

These are International/Olympic wrestling styles. Freestyle is different to Greco-Roman simply because Greco-Roman does not allow any type of scoring below the waist (no leg attacks or trips).

With Freestyle (and Greco) the bottom wrestler uses different technical and tactical skills to try to defend the offensive/top wrestler. This is called "par terre".

Folkstyle (Collegiate/Scholastic)

Is the more traditional form of wrestling in the United States. The main difference between Folkstyle and Freestyle wrestling is that in Folkstyle competition, there are moves from the bottom position.

Our program has been designed to cover the basic rules, scoring and advanced techniques for all 3-Styles!

Coaches: Dwayne Henry, Russ Love, Jake Myler, Sam Kem, Mitch Stevens & Greg Holman

REGISTRATION BY MAIL OR AT 1ST WEEK OF PRACTICE*

*** 4 Nights of Practice, Premier Coaching Staff, Tournament Travel Team, Freestyle, Folkstyle & Greco Roman**

Team Objectives

1. To promote the best interest and welfare of all persons engaged in 3-style wrestling in the State of Utah.
2. To establish among the members bonds of friendship, confidence and respect.
3. To engage in pursuit of the knowledge of better practices and methods to improve 3-style wrestling.
4. To promote high moral standards, honesty, integrity, courtesy and co-operation in all phases of our programs.
5. To encourage participation in activities which support the principles of USA Wrestling and 3-style wrestling.
6. To initiate and carry out programs of public service, relations and membership which will serve the above stated objectives and promote USA Wrestling and our 3-style Program.

Training

Throughout the season, team members are coached and instructed on pertinent subjects relating to USA and 3-Style wrestling. Other "fun" activities are also fostered at in state tournaments and through club travels. Additional training and tournament opportunities will be presented throughout the year as published from time to time on our club website.

If you want to be a part of an organization that will challenge you to become a better wrestler and person, join the T3 Wrestling Club today!

Make Checks Payable To: Riverton HS

For more information contact us:

www.T3wrestling.com
T3Wrestling@gmail.com
or call (801) 871-5519

T3 TEAM MEMBERSHIP APPLICATION-FORM B

Name: _____
Last First
Gender (Check One) Male Female
Mailing Address: _____
City: _____
State: _____ Zip: _____
Name: _____
Parent/Guardian
Home Phone: (_____) _____
Email: _____
Date of Birth: ____/____/____ Age: _____ Grade: _____
Month Day Year In School
Ability Level (Check One) Beginner Intermediate Advanced
Notify: _____
(In Case Of Emergency)

INFORMED CONSENT / WAIVER OF LIABILITY AGREEMENT

LIABILITY RELEASE & INDEMNIFICATION: I hereby recognize and acknowledge that me or my child's participation in recreational activities may involve bodily and/or emotional injury to me and/or my child. In consideration of my or my child's participation in such events, I, for myself, my child, my heirs, my executors and administrators, hereby voluntarily and knowingly, hold harmless, release, waive, discharge and defend Jordan School District and its officers, employees and volunteers from any and all suits, claims or liability, including negligence, based on any injury except those caused solely by the willful misconduct of Jordan School District employees. In addition I agree that I or my insurance company will pay for medical, hospitalization or any other expenses resulting from my or my child's participation.

EMERGENCY TREATMENT: in case of an emergency involving my child, I hereby authorize Jordan School District camp/clinic program Staff to act on my behalf in accordance with their best judgment, and I agree to assume full responsibility for all expenses, medical or Otherwise that may arise therefrom.

REFUNDS: Jordan School District may withhold 25% of the refunded registration fee, for administrative costs. Refunds must be requested in person, accompanied with a written refund request. No refunds will be given after the first day of the program.

Collections: in the event that my account is referred for collection, I agree to pay Jordan School District for all costs incurred, together with reasonable attorney's fees.

EQUAL OPPORTUNITY: Jordan School District provides equal opportunity to participate regardless of race, creed, gender, and will, upon request, provide reasonable accommodations to individuals with disabilities.

By signing this informed consent/waiver of liability agreement, I acknowledge that I have read its contents, understand its contents and agree to the terms. Parent or Legal Guardian signature is required before your child is allowed to participate.

Signature: _____ (Parent or Legal Guardian)

Date: Month/ Day/ Year :

OFFICE USE ONLY
AMOUNT PD: \$

TILL ID #:
DATE: