

## Linn-Mar Freestyle & Greco

March 2022						
◀ February						April ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20
21 Freestyle @ Linn-Mar 6-7:30 pm	22	23 Freestyle @ Linn-Mar 6-7:30 pm	24	25	26 West Delaware Freestyle/ Greco	27
28 Freestyle @ Coe 6-7:30 pm	29	30 Freestyle @ Coe 6-7:30 pm	31			

April 2022						
◀ March						May ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Freestyle @ Coe 6-7:30 pm	5	6 Freestyle @ Coe 6-7:30 pm	7	8	9 Belle Plaine Freestyle/ Greco	10 IC City High Freestyle/ Greco
11 Freestyle @ Coe 6-7:30 pm	12	13 Freestyle @ Coe 6-7:30 pm	14	15	16	17 Easter Sunday
18 Freestyle @ Coe 6-7:30 pm	19	20 Freestyle @ Coe 6-7:30 pm	21	22	23 Independence Freestyle/ Greco (Advanced)	24 Lisbon Freestyle/ Greco (Beginner)
25 Freestyle @ Coe 6-7:30 pm	26	27 Freestyle @ Coe 6-7:30 pm	28	29	30 IC West Freestyle/ Greco	

May 2022						
◀ April						June ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 Freestyle @ Coe 6-7:30 pm	3	4 Freestyle @ Coe 6-7:30 pm	5	6	7 State Freestyle SEP HS	8 State Greco SEP HS
9	10	11	12	13	14	15

## 2022 Freestyle Locations and Dates

March 26	West Delaware	Kids/ Cadet/ Jr. Freestyle & Greco
April 9	Belle Plaine	Kids/ Cadet/ Jr. Freestyle & Greco
April 10	City High	Kids/ Cadet/ Jr. Freestyle & Greco
April 23	Independence	Kids/Cadet/ Jr. Freestyle & Greco
April 24	Lisbon	Kids/Cadet/ Jr. Freestyle & Greco
April 30	IC West	Kids/Cadet/ Jr. Freestyle & Greco
May 7	SEP High School	Kids/Cadet/ Jr. State Freestyle
May 8	SEP High School	Kids/Cadet/ Jr. State Greco

Age divisions are used to group wrestlers at freestyle/ greco tournaments. Make sure you get signed up for the right age group!

8U (Born in 2014-15) 10U (Born in 2012-13) 12U (Born in 2010-11) 14U (Born in 2008-09) 16U (Born in 2006-07) USA Junior (Born 9/1/2002 & after, plus enrolled in grades 9-12)

**Please register under LMWC so our wrestlers do not have to wrestle each other until absolutely necessary!**

We will discuss who is going to tournaments at the Coe practices the week before the tournament. We will attempt to organize a car pool for local tournaments if possible.

### Freestyle Tournament Costs

- Pre-Register = \$15 for freestyle or \$25 for both freestyle and greco
- Register at the door = \$20 for freestyle or \$40 for both freestyle and greco
- Coe College freestyle practices cost \$\$\$\$\$. The LMWC will pay this fee!
- USA freestyle cards cost \$40
  - cards cost \$40 and need to be bought on-line @ [www.iowawrestling.org](http://www.iowawrestling.org)
  - you must have a freestyle card to practice at Coe and enter tournaments

**Poster Requirements** – Any wrestler that ended the season in good standing is eligible to be on the poster next year. Any wrestler logging at least 15 hours of off-season mat time can be on the poster in the background. Any wrestler logging 30+ hours of mat time in the off-season will be placed farther up in the poster formation. Wrestlers are responsible for logging their own hours. Mat time could be freestyle practices, freestyle tournaments or summer open rooms.

## #Never Satisfied