



The wrestling season does not end with the Scholastic State Championships in early March. Right after the Scholastic Season, the Freestyle and Greco-Roman seasons come alive! The opportunities begin for learning and / or refining those styles and applying them in various situations: camps, clinics, developmental and in-state Olympic-style tournaments. Team NJ will also participate in regional and national tournaments to further hone these new-found skills.

This flyer provides dates and locations for local and national developmental clinics, camps and tournaments that are taking place this Spring and Summer. This schedule has been designed to introduce wrestlers to the international styles of wrestling seen at the Olympic games, encourage their interest in the styles and develop them into successful Freestyle and Greco-Roman wrestlers. Most any championships caliber Scholastic-style wrestler will agree that learning the international styles of wrestling helped them up their game in Grade School, High School and College. Local and national Event schedules are available on www.USAWNJ.org as well as the USAW national site, www.TheMat.com.

The availability of quality training and competitions are both vital to developing Freestyle (boys and girls) and Greco-Roman (boys) wrestlers. Subsequent participation in local, regional and national tournaments will further allow wrestlers to greatly improve their wrestling skills and knowledge of wrestling. No matter what level of wrestling you are currently at, no matter what skill set you possess, the key to success is constantly striving to learn more. You are either moving forward or backward, there is no staying the same. See you at the TOP!

Special Spring Olympic-Style Clinic Featuring Kyle Dake: Sunday, April 7, 2019 -- CANCELED

- CANCELED -

Age and Weight Levels; Developmental Tournaments; Qualifiers, and Championships

MOST NJ TOURNAMENTS will contain the following age divisions for both Freestyle and Greco-Roman wrestling: Bantam, Novice, Schoolboy, Cadet, Junior, and Senior. Female Freestyle will also be offered. Some tournaments will host a special New Jersey Tournament for certain age divisions and/or styles in place of the normal developmental tournament for that division. These tournaments will be noted. See the age level descriptions for details. Schoolboy, Cadet, and Junior age wrestlers must participate in designated tournaments to qualify for the team competitions, along with meeting other specified criteria. Ranking tournaments assist in determining participation in Dual Team trip selection and the Team NJ Fargo trip. The following program announces the Team NJ Freestyle and Greco-Roman wrestling schedule for 2019.

2019 FREESTYLE AND GRECO-ROMAN SCHEDULE

All NJ Olympic-style tournaments feature on-site registrations from 8:00 AM – 9:00 AM; one price qualifies you to wrestle either one or both styles (\$30.00 for one style or \$30.00 for both styles). All tournaments REQUIRE a current USA Wrestling athlete card (season runs Sept 1 – the following Aug 31); cards are available on-site for \$35.00 CASH ONLY.

3/16/19 (Saturday)	Voorhees HS, Glen Gardner, NJ	Freestyle / Greco-Roman Developmental , all divisions will be Madison-style weight groupings, out of state accepted. Director: Steve Barkman, 908-303-2415
3/24/19 (Sunday)	Washington Township HS, Sewell, NJ	Freestyle / Greco-Roman Developmental , all divisions will be Madison-style weight groupings, out of state accepted. Director: Al Lucia, 856-745-3721
3/31/19 (Sunday)	Toms River East HS, Toms River, NJ	GRECO-ROMAN STATES & Freestyle Developmental , all divisions, in-state ONLY; Director: Brian Lawrence, 848-224-3310
4/07/19 (Sunday)	Fair Lawn HS, Fair Lawn, NJ DAKE CLINIC CANCELED!	Freestyle & Greco-Roman Developmental Tournaments , in-state only. Director: Rick Puerto, 201-575-9705
4/14/19 (Sunday)	West Orange HS, West Orange, NJ	Freestyle Ranking Tournament, Greco-Roman Developmental Tournament , in-state only. Director: Gerard Eatman, 973-558-9496
4/28/19 (Sunday)	Union HS, Union, NJ	NJ FREESTYLE STATES – all divisions for boys (in state only) & girls (open to out of state); USA weight classes freestyle only. Director: Angelo Zuena, 908-851-9289
5/03 – 5/05/19	East Stroudsburg, PA	Northeast Regions (for Fargo championships)
All COACHES MUST be at least 18 years old AND have a CURRENT USA Coach's Card AND picture ID in order to coach at the Freestyle States and/or ranking tournament		
All COMPETITORS MUST have a CURRENT USA Wrestling wrestler's card (for the season of Sept 1, 2018 – Aug 31, 2019, and MUST weigh-in wearing a competition singlet at all tournaments. No weight-allowance for State Championships and Ranking tournament. All other events will be Madison-style weight groupings.		

If a wrestler cannot participate in an event for any reason, or wants to petition for any reason, to be on either the Schoolboy or Cadet teams, you must notify Rick Puerto, the Kid's Chairman, in advance, via phone: 201-575-9705 or via email, along with a petition form at rickpuerto@yahoo.com. For Juniors Chairman, contact Bill Guida at billguida58@gmail.com; cell 973-855-3158. Petitions will be considered by the appropriate chairperson on a case-by-case basis. Any medical petition must be accompanied by a note from a physician. In the event of any dispute, the USAW-NJ committee may require a wrestle-off to determine the member of the team.

Any similar issues with the Girls Division, contact Girls Director Mike Harris via email at jerseygirlswrestling@gmail.com, or phone 973-699-4941.

Please stay tuned to our Web site for additional information regarding weight classes and age groups related to Olympic-Style wrestling.

<https://www.USAWNJ.org>

