

“FARMVILLE” Freestyle/Greco Roman Wrestling 2017

Lakeville and Farmington have teamed up to bring you **FARMVILLE** Freestyle + Greco Roman wrestling, from **April 3 through May 18**, just before the USA Wrestling Northern Plains regional tournament (May 20-21, 2017). Farmville is open to all interested K-12 wrestlers.

With the growing popularity of these international wrestling styles, getting more youth and high school wrestlers together to practice with a wider variety of partners will allow each individual to learn and sharpen their skills.

Technique will be trained by three University of Minnesota Gopher Wrestlers: Jordan Kingsley, Brandon Kingsley and Gannon Volk. Practices will be shared between Lakeville South H.S. and Farmington H.S. Participants are free to come to some or all practices as their personal schedule allows.

Where:	Lakeville South and Farmington High Schools
Time:	6:30 – 8:00 p.m.
Season Dates:	<ul style="list-style-type: none">• Mondays @ Farmington H.S.• Tuesdays @ Lakeville South H.S.• Thursdays - Rotating between FHS and LSHS – schedule TBA
Fee:	\$20. Proof of MNUSA Membership Card is required* *Visit https://www.usawmembership.com/ to renew or purchase.
Who:	Any Lakeville Wrestler K-12
Questions:	lywainfo@gmail.com

****BRING COMPLETED REGISTRATION FORM FIRST NIGHT OF PRACTICE. SEE NEXT PAGE.****

ABOUT LAKEVILLE FREESTYLE/GRECO-ROMAN WRESTLING K-12

Freestyle and Greco Roman wrestling are international styles of wrestling used in the Olympics and World Championships. The rules and moves in Freestyle and Greco Roman are slightly different, but often complement Folkstyle wrestling and most elite high school wrestlers have strong Freestyle and Greco experience. Some wrestlers have been hesitant to try these styles at first, but now look forward to the Freestyle and Greco season.

Freestyle helps develop footwork, aggressiveness, balance, new turns and tilting techniques. There is a constant emphasis on activity with little standing around. Most of the match is wrestled from the neutral position, so takedowns are emphasized. It is an exciting style of wrestling to watch because the action is fast and scoring is frequent. Greco Roman wrestling emphasizes positioning and increases your wrestler's confidence with making and defending throws.

There are also opportunities to wrestle on teams comprised of Minnesota's best wrestlers, and compete individually at national tournaments. In recent years, Lakeville has been well represented with many wrestlers on Minnesota all-star teams, and several wrestlers have reaching All-American status. Take this opportunity to make yourself a BETTER WRESTLER!

**2017 Farmville Freestyle/Greco
REGISTRATION FORM**

Wrestler Name: _____
Address: _____
Parent Name(s): _____
Email (REQUIRED): _____
Emergency Phone #: _____
DOB: _____
Weight: _____
School: _____
Special Concerns/Needs: _____
Years of Experience: _____
MNUSA Membership #: _____
(REQUIRED) _____

I hereby release, absolve and hold harmless the Lakeville Youth Wrestling Association (LYWA) and Farmington Wrestling Association; its officers and volunteers from any damage resulting from injury incurred while participating in the above-mentioned program. I/We understand that the Lakeville Youth Wrestling and Farmington Wrestling associations assumes no responsibility for injury before, during or after program.

Parents Signature

Date

PAID Y/N
DATE PAID _____