

## GCHS Freestyle Wrestling Season

Freestyle practices will be held on Mondays and Thursdays from 3:30-4:30 pm. All athletes from 3rd-12th grade are welcome to join us. If you want your athlete to compete in tournaments, you'll need to purchase a USA wrestling card from USAWMembership.com. Without a membership number, your athlete will not be allowed to register for any freestyle tournament. The cost for freestyle season will be \$65.00. Please go to the North Logan Recreation website [HERE](#) to register! If you have any questions, please feel free to email me at [ryan.webb@ccsdut.org](mailto:ryan.webb@ccsdut.org). Thanks!

One more thing...during the freestyle season, we will be focusing for the most part on technique. Practices will be more casual than the regular season as it's a time to sharpen skills.

### February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Champions 3 style	26 Champions 3 style
27	28					

### March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Juab Stansbury	5 Juab Stansbury
6	7	8	9	10	11 Intermountain Warrior Challenge	12 Intermountain Warrior Challenge
13	14	15	16	17	18 Mountain View	19 Mountain View

					Fremont	Fremont
20	21	22	23	24	25 Mountain Ridge North Summit	26 Mountain Ridge North Summit
27	28	29	30	31		

**April 2022**

					1 Wasatch	2 Wasatch
3	4	5	6	7	8 Beaver Empire	9 Beaver Empire
10	11	12	13	14	15 Corner Canyon Syracuse	16 Corner Canyon Syracuse
17	18	19	20	21	22 State Tournament	23 State Tournament
24	25	26	27	28	29 U.S. Open	30 U.S. Open