

The following is our spring season freestyle calendar. Please note that the tournaments will be 100% voluntary. Athletes generally carpool to and from the tournaments and coaches on occasion will also provide rides. I want to emphasize that the #1 goal for the freestyle season is to HAVE FUN while continuing to hone our technique on the mat. Conditioning will not play a big role during this season. Practices will be shorter and all ages are welcome to come. If you're pre-high school, bring a partner your size so you have someone to practice with. The practices will be quite casual, but there should always be a coach there to instruct. I would ask that everyone who signs up for the team please commit to at least go to one "regular season" tournament as well as the state tournament at the end of April.

The cost will be \$65.00 for the season. Go to northloganrec.org to sign up. Tournaments generally cost around \$15.00 entrance fee. There are NO overnights. Tournaments usually last 2-3 hours. Athletes WILL need an updated USA wrestling card. I can help them do that if they need my help.

Please let me know if you have any questions!
 Ryan Webb (435) 225-4279

2021 Spring Freestyle Season Calendar

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 First Practice 3:30-4:30	10	11 Practice 3:30-4:30	12	13 Norm Sanderson Pleasant Grove
14	15	16 Practice 3:30-4:30	17	18 Practice 3:30-4:30	19	20 Mountain View Tournament
21	22	23 Practice 3:30-4:30	24	25 Practice 3:30-4:30	26	27 Fremont Tournament
28	29	30 Practice 3:30-4:30	31			

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 3:30-4:30	2	3 North Summit Tournament
4	5	6 Practice 3:30-4:30	7	8 Practice 3:30-4:30	9	10 Mountain Ridge Tournament
11	12	13 Practice 3:30-4:30	14	15 Practice 3:30-4:30	16	17
18	19	20 Practice 3:30-4:30	21	22 Practice 3:30-4:30	23	24 Freestyle State Tournament
25	26	27	28	29	30	