



SUMMER WRESTLING SCHEDULE:

CEDAR PARK High School:

9:30-11:00 am Monday, Tuesday, Thursday
2150 Cypress Creek Road, Cedar Park, TX
78613

Wrestling Room - Located by the Football Fields

3F:

6-8 pm Monday, Thursday
1-3 pm Sunday
4404 Weletka Dr, Austin, TX 78734

DC Peak Performance:

7-9 pm Monday, Wednesday, Thursday
500 Brushy Creek Rd #504, Cedar Park, TX
78613

VANDEGRIFT High School:

JUNE 19th START
6-8 pm Tuesday, Thursday
9500 McNeil Dr, Austin, TX 78750

VISTA RIDGE High School:

5:00-6:30 pm Tuesday, Wednesday, Thursday
200 S Vista Ridge Blvd, Cedar Park, TX 78613

LOCAL OPPORTUNITIES

Are you prepping for a competition this summer? Did you not have the results you wanted this past season? Do you have bigger goals for your wrestling next year? Are you looking to keep your skills sharp for next season? Don't have a lot of free time this summer? If you answered yes to any of the question our Saturday Summer Wrestling Series is for YOU!

Who?	2nd – 12th Grade
Time?	9:00am – 1:00pm
When?	Saturday, June 9th Saturday, June 23rd Saturday, July 7th
How Much?	\$50 each (Non--Monthly Members) \$20 each Current Summer Members and Dual Team Members)

In each session, we will teach a combination of the techniques, drills, and skills we have developed of over the years. These techniques and skills Have helped produce over 259 State Placers, 100 State Champions, 54 All--Americans, and 3 National Champions. Each camp will be run by Coach McKinney and special guest counselors. As we get closer to each event we announce the special guest. Spots are limited each session to 20 wrestlers, so sign up today while spots still last.

REGISTER ONLINE AT

www.3Fwrestling.com/camps-events

3F WRESTLING 2018 SUMMER DUAL TEAMS

For more information, contact Coach Will. William@3fwrestling.com

We are taking teams to Jazz Town Duals and Mat Bash dual tournament this summer. Our goal is to help provide more opportunities for wrestlers to compete and improve this summer.

Each year the most improved wrestlers over the summer have always participated on these teams. By the end of summer wrestlers will have wrestled approximately 20+ matches.

Jazz Town Duals

Date: June 15th – 17th

Location: New Orleans, LA

Age/Grade: 8th – 12th grade

Weight Classes:

105, 111, 118, 125, 131, 137, 143, 150, 157, 165, 175, 187, 200, 225, 290

Mid--Summer Mat Bash

Date: July, 26th – 28th

Location: Justin, Texas

Age/Grade: 7th – 12th grade

Weight Classes:

90, 98, 105, 110, 118, 125, 133, 142, 152, 165, 175, 185, 205, 285

Cost for each event is \$150 includes the team gear package and a \$30 discount on our summer Saturday wrestling series. This cost does not include a singlet, travel, hotel, or food.

Pay for the event online at www.3fwrestling.com/camps--events

Wrestlers will have the option of traveling and staying with team or with their family. The total cost of hotel and travel with team will be determined as we get closer to each event.

Event payment deadlines:

Jazz Town – June 9th

Mat Bash – July 14th

Last year's teams helped in the development of 7 first time high school state qualifiers and 4 first time high school state place winners.