

BLUE COLLAR WRESTLING CLUB

HOSTS

FRIDAY NIGHT MATCHES

WHO: Any wrestler K-12th grade. Wrestlers of all skill levels are encouraged to participate. Must have a current USA Wrestling Membership Card (These will be checked at the door!). \$10 participation fee collected at check-in. No coaches are required, but are certainly invited to attend.

WHAT: Friday night matches are meant to provide wrestlers with opportunities to compete/experiment in a practice only environment against different opponents of varying skill levels. All matches will be 2-2-2. A pin will restart the match in the neutral position. Alternating choice of top or bottom for 2nd and 3rd period. The only thing that is officiated in these matches is a running clock for each period. BCWC Coaches will facilitate the workout.

WHEN: Our first FNM will be APRIL 15TH From 6-7:30pm. We will begin with a group warm-up and stretches before moving right into live matches. Depending on interest and participation levels, we would like to host this event twice /month throughout the spring and summer.

WHERE: Oldham County High School Wrestling Room. Our wrestling room is equipped with two full size mats. Depending on the size of our group, we may have two different waves of matches (bigs and then littles). You may enter through the back doors or the main entrance to the school and come down stairs to our practice room. There is standing room only for non-participants.

Physical Address for OCHS:

1150 North Hwy. 393

Buckner, KY 40010

CONTACT: For additional information or questions, please contact coach Riordan at ariordan215@gmail.com