

KENTUCKY FOLKSTYLE WRESTLING NATIONAL TEAM

- USA Wrestling National Duals has 17 weight classes we
- **ALL PLACERS HAVE AN AUTOMATIC INVITATION**
- **ALL WRESTLERS HAVE THE OPTION JOIN PRACTICE AND CHALLENGE A WRESTLE OFF FOR SLOTS**
- All who wish to participate are required to make 2 of 3 practices as the 3rd practice will be wrestle offs if needed
- **COACHES WILL BE VOLUNTEERS FROM DIFFERENT PARTS OF THE STATE**
- **USA WRESTLING COVERS THE ENTRY FEES FOR ONE TEAM**
- KFWC is again supplying gear for Wrestlers and Coaches
- If we have enough for two teams we will discuss arrangements with the board for equipment and fees
- Wrestlers and Coaches interested in joining the National Team please contact Coach Hale jhale345@gmail.com
859-229-0385
- We have secured practice space and time at Lindsey Wilson College to be centrally accessible to all participants throughout the state.

KENTUCKY FOLKSTYLE WRESTLING NATIONAL TEAM WEIGHT CLASSES

75 80 85 90 95 102 110 117 125 132 140 150 160 175 195 220 275

**Wrestle off for any State placer who can make the weight within
USA weight guidelines**

**Coaches I urge you to assist us in presenting the best Kentucky
has to offer. We have several super talented wrestlers here in
Kentucky, lets show them in Danville, IL we are still contenders.**