

2019 Freestyle/Greco Wrestling



If you look at the best wrestlers in NJ and the NCAA, most of them have Freestyle and Greco experience. Del Val Wrestling is trying to expose as many wrestlers in our program to this fun and incredibly valuable style of wrestling. So, if you are in 6th through 11th grade and are wrestling this spring, these events are something you should seriously consider.

Each wrestler though is different and developing at their own rate. A 1st/2nd year wrestler would be fine just going to Fortify and not hitting these. But for a wrestler who has been in the system, we cannot recommend a more valuable series of events than what are listed here.

For some of our team, the Developmental events are perfect for us. The events listed below are what we're targeting. We are asking many of the wrestlers not doing a spring sport to hit THREE of the events (all of them is fine though!). It's only a few weekends & we're wrapped up in early May.

Developmental Freestyle & Greco Events

March 16th (Sat): Voorhees HS, NJ
March 31st (Sun): Upper Dublin, PA*
April 7th (Sun): Germantown Academy, PA*
April 13th (Sat): Downingtown West, PA*

*Visit <https://www.usapawf.com/page/show/1107499-2019-pawf-schedule> for more info and to register for the PA events.



Where appropriate, these events should be considered for select wrestlers.

Team NJ Qualifying events

March 31st (Sun): Toms River East HS
-Greco States

April 14th (Sun): West Orange HS
-NJ Freestyle Ranking Tournament

April 28th (Sun): Union HS
-NJ Freestyle States

May 3rd- 5th (Fri-Sun): East Stroudsburg Univ
-Freestyle & Greco

Here are a couple of links that can help guide you through this process and answer some questions.

- 1) You will need a USA Wrestling Card to wrestle at these events. It is something you need anyway to wrestle at Fortify, so the wrestlers attending Fortify should have one already. Here is the link to buy one: usawmembership.com
- 2) Each of these developmental events have a Greco event in the AM and then a Freestyle event later in the AM into the early afternoon. We've always recommended wrestlers to wrestle both since we are out there already and it will double your bout count. But that is up to each wrestler what they will do.