

2018 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 most of our team, the Developmental events are perfect for our team. The 6 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 6 is fine though!). It's only a few weekends & we're wrapped up in early May.

Developmental Freestyle & Greco Events

March 24th (Sat): [Susquehanna, PA](#)

March 31st (Sat): [Pottsville, PA](#)

April 7th (Sat): [Schuylkill Valley, PA](#)

April 15th (Sun): [Germantown Academy, PA](#)

April 29th (Sun): [Downingtown, PA](#)

May 5th (Sat): [Dieruff, PA](#)



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

Team NJ Qualifying events

March 25th (Sun): Toms River East

-NJ Freestyle Ranking Tournament (All divisions)

-Greco States (Schoolboy, Cadet, & Junior)

April 15th (Sun): Union HS

-NJ Freestyle States (All divisions)

-Greco States (Novice, Intermediate, & Bantam)

April 20th-22nd (Sun): East Stroudsburg – Northeast Regionals

-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 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.

3) PLEASE EMAIL coach Andy Fitz at andyfitz@dvrhs.org with the events you may be attending so we can organize rides and have coverage at each event.