

Cherry Creek Wrestling

Summer Duals 2023

CherryCreekWrestling.com

Clinician: Austin Schafer- 2 time winner US Open, D1 Assistant Coach at University of Arkansas Little Rock

Purpose: We want to give wrestlers technique sessions in the morning and allow them to try them in a match format in the afternoon. The goal is to try out new moves without the pressure of winning or losing.

Format: 10 duals per team. No team or individual champions will be crowned. Each round you are paired with a team on the schedule for a time block and the coaches are responsible for creating the best matchups for their wrestlers.

When: July 8th and 9th, 2023

Who: 8th Grade thru High School

Where: Cherry Creek Wrestling | [19283 303rd Pl Ne Duvall, Wa. 98019](https://www.google.com/maps/place/19283+303rd+Pl+Ne+Duvall,+WA+98019)

Cost: \$450 per team or \$125 for individual wrestlers without a team.

Individual wrestlers will be paired with another team

Coaches are responsible for team meals during lunch. There are no food services nearby

Payment: **Online:** <https://cherrycreekwrestling.com/ccw-summer-duals-2023/>

Check: PO Box 1766 Duvall, Wa. 98019

Individual Wrestlers: Once you register, please send the following information to info@cherrycreekwrestling.com

Grade:

Years Experience:

Weight:

School/Club:

Daily Schedule

Saturday July 8th:

8:00-9am: Team check-in and weigh-ins

9:00-11:30am: Technique session taught by Austin Schafer

11:30am-12:30pm: Lunch

12:30pm-3:00pm: Takedown Tournament

Sunday July 9th:

9:00-11:30am: Technique session taught by Austin Schafer

11:30am-12:30pm: Lunch

12:30pm: Dual #1

1:45pm: Dual #2

3:00pm: Dual #3



A cancellation fee of the full entry fee will be charged to you if your team cancels (Non Refundable Registration Fee). This is to help prevent last minute cancellations. If you commit and cancel...payment will be required