

# NY-USA Wrestling – Suffolk County

Freestyle and Greco Roman Regional Training Centers

## Train for FREE

March 31<sup>st</sup> – May 29<sup>th</sup>

**The following locations will be open for ALL Section XI – USAW Athletes (must show valid USAW card):**

**Sachem North High School Wrestling Room– Monday and Wednesday (6:30 – 8:00)**

**Sayville High School – Monday and Wednesday (6:30 – 8:00)**

**Stony Brook University Sports Complex Racketball Court**

**HS guys must contact Shaun Lally first 610-703-4974 – Monday and Thursday (6:00 – 8:00) (4/7 – 5/12)**

**Brentwood High School – Tuesday and Thursday (6:00 – 7:30)**

**Center Moriches High School – Tuesday and Thursday (6:00 – 7:30)**

**Southampton High School – Tuesday and Thursday (5:30 – 7:00)**

### **Schedule of Freestyle / Greco Roman Events**

Saturday, April 5<sup>th</sup> – Southampton HS (Qualifier for NY States)

Saturday, April 12<sup>th</sup> – Center Moriches HS (Qualifier for NY States)

Saturday, April 19<sup>th</sup> – Clarke HS (Qualifier for NY States)

Saturday, April 26<sup>th</sup> – Kings Park HS (Qualifier for NY States)

May 2 – 4, 2014 – East Stroudsburg, PA: Northeast Regional Championships (Qualifier for Fargo)

May 9 – 11, 2014 – Binghamton, NY: NYS Championships (Qualifier for Fargo & National Dual Teams)

Additional events will be coming. Please check websites for additional info:

[www.ny-usaw.org](http://www.ny-usaw.org) or [www.longislandwrestling.com](http://www.longislandwrestling.com)

