



2023 Hofstra Wrestling

Ken Lesser Memorial Summer Heat Clinic & Folkstyle Tournament

Saturday, August 12th, 2023



Location: Hofstra University David S. Mack
Physical Education Center
Hempstead, NY 11549

Directions: Meadowbrook Pkwy to exit M4. West on
Hempstead Tpke. Hofstra will be about ¼ of a mile on
your right. Ask for the David S. Mack Arena (new arena
next to the PFC).

Divisions: *Open to wrestlers of all ages and ability. Wrestlers are bracketed strictly by weight class.*
With the exception of all graduated seniors and older will compete in the open division which will be bracketed
separately using Madison Weights.

Mandatory Weigh-Ins *All Divisions: Saturday 7:30-8:30 a.m. (If you did not do early weigh ins)*
Early Weigh ins Friday night 6-8pm \$20 fee

Skin Check: Athletes must be prepared and must submit to a skin disease screening prior to weigh-ins. The Chief
Medical Officer has full authority, without appeal in determining the eligibility of an athlete to
compete. Anything questionable must be accompanied by a doctor's note on the official HS form
stating the condition and that it is not active and not contagious.
Doctor's form can be found here: [NYSPHSAA Skin Form](#)

Competition: *Folkstyle, Championship Bracket, double elimination, semifinal losers wrestle for third and fourth,*
losers prior to semis can wrestle back to fifth
NYS HS rules with college out of bounds (headgear suggested)
Periods: 1 ½, 1 ½, 1 ½ with 1 min SV, two :30 sec tiebreakers and one :30 UTB
All Divisions: Start at approximately 9:30 a.m.

Weight Classes: 85, 90, 95, 102, 109, 116, 123, 129, 135, 141, 148, 155, 163, 173, 185, 198, 223, 288
Boys and Girls Divisions. ** May need to combine boys and girls divisions if not enough entries.
*We reserve the right to combine weight classes based on attendance.
Open Division: Madison Weights

Awards: First through fourth place medals

Food Concession: There will be food concessions on-site

Contact: Tournament Directors Aeriell Clem- twinboys425@gmail.com Jamie Franco-James.r.Franco@hofstra.edu
(516) 232-4999 (914) 755-1355

Registration & Cost: *Early Bird Fee \$45* **Must register before July 31st**
Team Rate (10+ Wrestlers) \$40
REGISTRATION after July 15 \$50 **Registration closes on Wednesday, August 9th**
Team Rate (10+ Wrestlers) \$45
ALL TEAM REGISTRATION, CONTACT Jamie Franco
Registration closes at 350 wrestlers **ABSOLUTELY NO WALK-INS!!!**
NO CHANGING WEIGHT CLASSES AFTER July 21st without \$10 fee (No USA Card Needed)
Registration Link: <https://nyway.sportngin.com/register/form/775817891>

There will be a clinic by the Hofstra Wrestling staff & wrestlers prior to the start of the tournament

Spectator Entry: Coaches Passes- \$10.00 \$5 Adults Children & Students \$2

****ALL PROCEEDS GO TO SUPPORT HOFSTRA WRESTLING****