

NORTH CAROLINA WRESTLING FACTORY



Spring Advanced Practice Schedule:

February 25 - June 27

Advanced (Freestyle focus): Mon/Wed – 5:30-7:00 pm (27 workouts – Memorial Day off)

Open Mats (Folkstyle focus): Sun – 1:00-3:00 pm

*Open Mats during Novice/Beginner/Intermediate (Folkstyle focus): Tue/Thu – 5:30-7:00 pm (28 workouts)

Competitions:

Feb 23: NCUSA Pre-Season Clinic Introduction into International Styles (Location TBA)

Mar 2: St. Stephens Freestyle Open (St. Stephens HS, Hickory, NC)

Mar 9: Headlock On Hunger – Folkstyle (Watauga HS, Boone, NC)

Mar 16: Ironman Challenge (Hoke HS, Raeford, NC)

Mar 23: Brawl at the Beach (North Brunswick HS, Leland, NC)

Mar 29 - 31: NHSCA High School Nationals - Folkstyle (Virginia Beach, VA)

Mar 30: "LO" Carmon Clash (Tarboro HS, Tarboro, NC)

Apr 6 - 7: Tar Heel State Classic (Rec Park Community Center, Wilson, NC)

Apr 13 - 14: State Championships (WS Fairgrounds Annex, Winston-Salem, NC)

Apr 20: Battle for Sparta (Allegheny HS, Sparta, NC)

Apr 27: NC Wrestling Factory Freestyle Classic (Union Pines HS, Carthage, NC)

May 4: Trojan Clash (NW Cabarrus HS, Concord, NC)

May 11: Steve Catts Memorial (JH Rose HS, Greenville, NC)

May 18: USA Beach & Belt National Championships (Carolina Beach, NC)

May 24 - 26: USA Southeast Regionals (Wilmington Convention Center, Wilmington, NC)

Jun 8 - 9: East Coast Duals (Locations TBD)

*Must wrestle at Mon/Wed workouts