

SOUTHERN TIER NYWAY PRESENTS...

FRIDAY NIGHT LIGHTS EVENTS FOR NYWAY MEMBERS!



Event Description: NYWAY FREE Clinic and Regional Dual Team Wrestle-Off's

Location: Ultimate Athletics, 40 Catherwood Road, Ithaca, NY

Time: 6:00 PM - 9:00 PM, Friday, December 5th, 2014

Event Format: There will be NYWAY FREE Clinic, group warm up/drills and matches grouped Madison Style. Anyone interested in representing the ST Region at the NYWAY Kickoff Duals at Sullivan County Community College, Loch Sheldrake, NY on Jan. 3rd should attend this event. If there is more than 1 wrestler per weight class, there will be wrestle-offs to see who earns a spot on the dual team. The NYWAY Duals tourney is a FREE event to all NYWAY members, K-8th grade, no JV/Varsity experience. Weights on the Duals Team include: 45, 50, 55, 60, 66, 72, 79, 87, 95, 102, 110, 120, HWT (limit 135) Each team will be allowed no more than 3 Alternates.

Related flyers; NYWAY Kickoff Duals, January 3rd, 2015 and NYWAY Individual Open Tourney, January 4th, 2015 at SCCC

Entry: FREE w/ paid \$17 NYWAY Annual Membership; wrestling & pizza sponsored by ST NYWAY

Contact: contact@nyway.org

Registration: FREE @ [NYWAYDEC5](#)