



Central Region USAW

Home of Rookie & Open State 2010!

Freestyle and Greco Underway...

While some kids move onto other sports after the Folkstyle season some continue to train on the mat learning some new moves in Freestyle and Greco, the international style of wrestling.

We started this off with a rules clinic with Blake Bryant, Steven Yantz, and Bobby Barney reviewing a few of the scoring techniques and different rules at Rouse HS on April 4th.

Our first tournament was hosted by Phil Pedersen at Cedar Park High School this past weekend. He opted for Folkstyle in place of Greco along with a Freestyle tournament. There were a good number of youth and high school wrestlers who competed and it was great to see a few of the high school wrestlers step up to help officiate and give back to the sport.

To see the schedule for the rest of the season please refer to our site at www.ctyw.org.

Peak Performance Wrestling Academy

Coach Todd Downing announces Austin's only elite full time wrestling academy officially opening May 15, 2009 at 500 Brushy Creek Drive, Suite 504 in Cedar Park.



Offering:

- Top Notch Iowa Training
- 3 Tier Program for YOUTH Wrestlers
- "Farm Boy" Strength Program
- Adult Wrestling Programs
- High School/Collegiate Wrestling Prep
- Summer Development Camps
- After School Enrichment Programs

www.PeakPerformanceWrestling.com
sportsspecific_fitpro@yahoo.com
512-743-9105



Preparing for the Summer Meeting and State 2010

We will have a regional meeting in late June to review some of the topics to be covered at the Youth Folkstyle State Convention held in Austin July 18th and to create our Planning Committee for Rookie and Open State to be held in Austin 2010.

By getting a jump start on the planning it is our goal to make this the best state tournament ever for the youth wrestlers and one that Texas can be proud of!

To familiarize yourself with the Bylaws and the Youth Wrestling Rules and Regulations you can view those under Youth Administration on our site at www.ctyw.org.



SUMMER WRESTLERS

MAKE WINTER

CHAMPIONS!

US Camp @ Westlake HS June 8 - 11

www.uscamps.net/austin.html

Purler Camp @ Akin HS June 8 - 12

www.foundationwrestling.com/campinfo.html

Bowie HS Summer Camp July 13-16

www.austinbowiewrestling.org