

SEAFORD VIKING WRESTLING

www.seafordwrestling.com

Off Season Wrestling: – To improve for next season you must put some time in during the off season. This includes going to Tournaments, Clinics and Summer Camps – Remember Your opponents are wrestling to get better and so should you – **Wrestle for fun and don't worry about winning and losing just get the mat experience – This will help you enormously for next season – Step on the mat ready to go next November ** Take Four (4) steps to improve** 1) Spring wrestling 2) Summer Camp 3) Fall Wrestling 4) Wrestle at some tournaments (Just get some matches In –Look to get 20 minimum)

- **SPRING CLINICS** visit www.longislandwrestling.org – Click on Clinics and Camps on the home page (Suggestions: MacArthur H.S., Strong Island, 3 Style Wrestling, Razor)
- **SUMMER CAMPS** – Past Seaford wrestlers have gone to Olympic Wrestler Ken Chertow camp his web site is found @ www.kenchertow.com – But there are plenty of other camps out there. Look to go with other Seaford Wrestlers. Talk to wrestlers that have gone to camps
- **FALL CLINICS** visit www.longislandwrestling.org – Click on Clinics and Camps on the home page (Suggestions: Strong Island, 3 Style Wrestling, Razor)

Tournaments: Visit www.longislandwrestling.org Click on calendar @ home Pg Search by month

These are just some of the tournaments that are out there you can find more if you search the web

- March - Valley Central H.S. Annual Wrestling Tournament (Montgomery, N.Y.)
- March - Queensbury H.S. Wrestling Tournament (Queensbury, N.Y.)
- April – Tournament @ UAlbany (Albany, N.Y.)
- May - New Rochelle Spring Wrestling Tournament (New Rochelle, N.Y.)
- Aug - Summer Heat @ Hofstra University (Hempstead, N.Y.)
- Sept– Beat the Streets Wrestling Tournament (Staten Island, N.Y.)
- Oct – Strong Island Wrestling Tournament @ Nassau Comm. College(Garden City,NY)
- Oct – Hudson Valley Tournament (Washingtonville, N.Y.)
- Oct – Border Wars Wrestling Tournament Monsignor Farrell (Staten Island, N.Y.)
- Oct – Three (3) Nutmeg Folk Style Wrestling Championship Series – (Connecticut)
- Nov – One (1) Nutmeg Folk Style Wrestling Championship Series- (Connecticut)

Advanced tournaments listed below: (Note: Below tournaments are for wrestlers with experience)

- April - War at the shore – Wildwood N.J. (www.sjwrestling.com)
- April - Ohio Tournament of Champions – Columbus, Ohio (www.ohiotofc.com)

Other Web site with information:

www.lighthousewrestling.com

www.razorwrestlingclub.com

www.thematslap.com

www.li3swc.com

www.njwrestlingtournaments.com

www.elitewrestlinginc.com