

# Birds O' Prey Wrestling Club

## BoPWC

The Birds O' Prey Wrestling Club is an official USA Wrestling Sanctioned Wrestling Club that provides off-season training and competition opportunities for current 7<sup>th</sup> – 12<sup>th</sup> graders. The BoPWC practices Monday and Wednesdays at Fauquier High School beginning March 5th and ending in late October. BoPWC will provide training and technique specifically in the collegiate and Olympic wrestling styles. Multiple current and previous collegiate wrestlers will be present at the BoPWC practices. Additionally, the BoPWC will be hosting multiple "mini" clinics presented by local college and university wrestling coaches such as Virginia Tech, University of Virginia, Penn State, American, George Mason University, and others. USA Wrestling Card/Membership required.

### BoPWC Benefits:

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| <ul style="list-style-type: none"><li>• Birds O' Prey T-shirt</li><li>• Access to weekly BoPWC practices</li></ul> | <ul style="list-style-type: none"><li>• Coaching support at defined BoPWC Competitions</li><li>• Access to scheduled clinics</li><li>• Participation in BoPWC team dual competitions*</li></ul> |
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### BoPWC coaches include:

- Tyler Atwell – Current Fauquier Assistant Coach
- Multiple current Fauquier Coaches

BoPWC members and coaches are planning on participating in many of the following off-season competitions and others: **\*\* Freestyle/Greco Competitions in Red**

MAWA Districts Fauquier

Flo Nationals

VAWA NOVA I and II

VAWA Club Duals

VAWA Kids/Cadets State Freestyle/Greco Tournament

VAWA JR State Freestyle/Greco Tournament

Super 32 Qualifier Skyline

Super 32 Greensboro NC

Others as schedule allows.

Please check out The Birds O' Prey website at [BoPWC.org](http://BoPWC.org) for a registration forms and more information.

\*Individual Tournament Entry Fees and Travel expenses are not included. Other BoPWC gear including singlets will be available for purchase separately.