

BIG MAN WRESTLING RUMBLE

Big Man Wrestling Rumble @ FP Westwood

Friday, June 28th, 2024

9:00 AM – 12:00 PM

Fort Pierce Westwood Academy

1801 Panther Ln

Fort Pierce, FL 34947

Format: Situational Warm-up, Drilling, Lots of Live Matches & Situational Wrestling

Registration: 8:15am – 8:45am

Wrestling Starts: 9:00am – 12:00pm

Weights: Grouped weights

Entry fee: \$15 per wrestler



- This event is licensed by AAU Wrestling
- All participants must have a current AAU Wrestling Membership
- AAU Wrestling Membership may not be included as part of the entry fee to the event.
- AAU Wrestling Membership must be obtained before the competition begins.
- Be Prepared! Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website to obtain their membership.

*This is a 3 hour training (intentional situational warmup, some drilling, lots of live wrestling). The intention is to help develop pressure in specific situations along with competitive mat time with different partners from around the area/state.

*Questions please contact Coach Hans at hgrasmus@asu.edu or 561-310-6997