



Regional Training Sites and Times

For:

**National Team Members
Bantam – Junior**

Wrestlers: It is IMPERATIVE that you make it to these sites at least 2 times a week in order to prepare to win at National Events.

East:

Union High School - 6636 S Mingo Rd - Tulsa, Ok 74133 - Starting: Tuesday May 30th 2017 - Every **Tuesday and Wednesday 6:00 pm - 7:30 pm** - Contact Kevin Crutchmer [918-728-0430](tel:918-728-0430)

Catoosa High School - 2000 S. Cherokee St -Catoosa, OK 74015 - Starting Monday May 29th - Every **Monday and Thursday 6:00 pm - 7:30 pm** - Contact Tony Cook [918-822-0055](tel:918-822-0055)

West:

University of Central Oklahoma - 100 N. University Drive - Hamilton field house - Edmond, Ok 73031 - Open Now - Every **Tuesday and Wednesday 6:00 pm - 7:30 pm** - Contact Todd Steidley [918-630-6446](tel:918-630-6446)

Oklahoma Wrestling Academy - 2201 W. Edmond Road - Edmond, OK 73031 - Starting Monday May 29th 2017 - Every **Monday and Thursday 6:00 pm - 7:30 pm** - Contact Hardell Moore [405-613-8403](tel:405-613-8403)

South:

Lawton Macarthur - 4400 E Gore Bulv - Lawton, Ok 73501 - Tuesday and Thursday 6:00 - 7:30 pm - Starting Tuesday May 30th - **Tuesday and Thursday - 6:00 pm - 7:30 pm** - Bobby Cook Contact 580-606-1621

University Regional Training Sites:

Each of these site below each wrestler must contact the rep below before you may attend

Oklahoma State University - Gallagher IBA Arena Stillwater, Ok 74078 - Open Now
- Tuesday and Thursday 6:30 pm - 8: 00 pm - Contact Eric Guerrero - [405-612-5021](tel:405-612-5021)

Oklahoma University - 151 East Brooks St. Norman, OK 73019 - Open Now - **Tuesday and Thursday 4:00 pm - 5:30 pm** - Contact Michael Lightner [405-219-2685](tel:405-219-2685) or milightner@ou.edu - 9th - 12th wrestlers only.

For any questions contact.

Kevin Crutchmer - Oklahoma USA Wrestling State Chairman

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Wes Ruth – Junior Director

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