



May & June Training Schedule

May 2013

Sun	Mon	T	Wed	Thu	F	Sat
			1 Match Night	2	3	4 10:00 AM Practice @
5	6 @BTS @EAG @GS	7 @JM	8 Match Night @ BTS Pract. @ JM	9 @BTS @JM	10	11 10:00 AM Practice @ BTS
12	13 @ BTS @GS @EAG	14 @ JM	15 NO MATCHES BTS GALA	16 @BTS	17 @EAG	18 10:00 AM Practice @ BTS
19 1:00 Girls Practice @ BTS	20 @ BTS @GS @EAG	21	22 Match Night @ BTS	23 @BTS @JM	24 @EAG	25 10:00 AM Practice @ BTS
26 1:00 Girls Practice @ BTS	27 @ BTS @GS	28	29 Match Night @ BTS Pract. @ JM	30 @BTS @JM	31 @EAG	

All Beat The Streets practices and competitions are free. For insurance purposes a USA Wrestling Card (\$15) is required to participate. The USA Wrestling Card provides secondary insurance coverage and is good through August 31st. **A parental permission slip and waiver is required. The waiver can be downloaded at Beat-The-Streets.org.**

Wednesday Night Matches

- ✓ Open to H.S. Girls and Boys
- ✓ Free (w/USA Card)
- ✓ Each Wrestler gets 2-3 matches
- ✓ Free Metro Card for return trip

Weigh-ins & Registration begin at 4:00 and continues until 5:00 or until the first 60 competitors have been registered. Wrestling starts at 5:30 and runs until 8:00 / 8:30

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 AM Practice @ BTS
2 1:00 Girls Practice @ BTS	3 @ BTS @EAG	4	5 Match Night @ BTS	6 @ BTS	7 @EAG	8 10:00 AM Practice @ BTS
9 1:00 Girls Practice @ BTS	10 @ BTS @EAG	11	12 Match Night @ BTS	13 @ BTS	14 @EAG	15 10:00 AM Practice @ BTS
16 1:00 Girls Practice @ BTS	17 @ BTS	18	19 Match Night @ BTS	20 @ BTS	21	22 10:00 AM Practice @ BTS
23 1:00 Girls Practice @ BTS	24 @ BTS	25	26 Last Day of School	27	28	29

Practice Schedule

- ✓ Open to Middle & High School Students
 - ✓ Open to Boys & Girls
 - ✓ Free (w/USA Card)
- ✓ Technique, Drilling, & Wrestling
- ✓ Free Metro Card for return trip (@BTS Only)

@ BTS (Beat The Streets) – 145 Thompson St.

Mondays & Thursdays 5:30 - 8:00

Saturdays 10:00am – 12:00

Sundays (Girls Practice): 1:00-3:00

@ GS (Grand St) – 80 Grand St. Brooklyn

Mondays in May 4:00 – 6:00

@JM (James Madison) 3787 Bedford Ave. Brooklyn

Most Tuesdays & Thursdays in May 3:30-4:30

@EAG (Eagle Academy) 4143 Third Ave. Bronx

Mondays & Fridays through mid June 6:00-8:00