



EMPIRE STATE

Get more than you are used to.....

- *More Instruction
- *More Competition
- *More Opportunities



WRESTLING CLUB

At Brockport High School

Freestyle Greco Roman & Folkstyle Training

IMPORTANT DATES

Club Kickoff Clinic: Monday February 16th
Registration: Monday, March 16th
Practice: Monday and Wednesdays 6:00-7:30 pm.
Dates: March 17th – May 19th
Club Fee: \$70

Make checks payable to: Brockport Wrestling Club
USA Wrestling Card or AAU Card Required (apply online)
 Copy of Birth Certificate Required

Don't Miss our...
CLUB KICKOFF CLINIC
 *NCAA Champion Mitch Clark
 for a Club Kick-off Event
 * Monday February 16th
 See www.Armdrag.com for
 details
 * Early Registration for our club
 is recommended but not required

PERSONAL INFORMATION

First Name: _____ Last _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Emergency Contact Phone :(____) _____
 Date of Birth: _____

INSURANCE INFORMATION

Insurance Company: _____ Contract Group # _____
 Parents Signature: _____

EXPERIENCE

Year in School: _____ Years of Wrestling Exp. _____
 High School: _____ Weight: _____ Competition Weight: _____

Circle your Shirt/Short Sizes

Adult Shirt Size: S M L XL XXL

Shorts: S M L XL XXL

Check Number: _____ Cash Received: _____ Wrestling Insurance Type: USA or AAU

EMPIRE STATE WRESTLING CLUB



Building an Empire!



PROVIDING TWO SCHOOLS IN ONE!

FOLKSTYLE TRAINING

Club Focus:

Target group for the folk style training camp is to continue the wrestling season for those who want to keep in shape for up coming folk style tournaments. This will be run as a practice with less instruction and more sport specific drills with live wrestling.

Sample Practice Schedule:

6:00 Warm-up Dynamic Drills
6:15 Specific Drilling
6:30 Instruction/Situational Drills
6:45 Live Wrestling
7:15 Conditioning/Free Wrestling
7:30 Team/Parent Meeting if necessary

***Coaches will attend and assist all athletes at some of the most prestigious national events in the US including:**

- NWCA Nationals
- Ohio Tournament of Champions

FREESTYLE INTRODUCTION

Club Focus:

Target group for the freestyle training camp is to introduce and expand the knowledge of all levels of middle school and high school wrestlers to freestyle wrestling. This session will be run with freestyle specific drills and more instruction regarding the rules and procedures of freestyle.

Sample Practice Schedule:

6:00 Warm-up Dynamic Drills
6:15 Specific Drilling
6:25 Instruction & Rules
6:50 Situational Drills
7:00 Live Wrestling
7:30 Team/Parent Meeting if necessary

***Coaches will attend and encourage all athletes to wrestle in tournaments such as:**

- Freestyle State Championships
- Northeastern Regionals

***Certified Strength and Conditioning Coach is Available for Consult**

***Availability of Weight Training and Cardiovascular Equipment in one of the best wrestling facilities in NYS!**

Coaching Staff

Club Director: 2001 NCAA Division III All-American and Current Brockport Coach **Mike Ferris**
Associate Director: Former Section 5 Coach of the year **Jim Cannon**
Primary Freestyle Clinician: 2007 USA Wrestling Kids Person of the Year **Rea Hartley**
Primary Folkstyle Clinician: **Mike Ferris**
Heavyweight Coach: NYS Finalist **Mike O'keefe**
Youth Developmental Coach: Brockport High School's Junior Varsity coach **Paul Carella**
Injury Prevention Specialist: Auburn Tiger Alumni & Certified Athletic Trainer **Jason Wentworth**

Contact Information:

Coach Mike Ferris
Phone: (585) 750-6799
Email: mferris@bcs1.org
Address: 40 Allen Street
Brockport NY, 14420

***Please contact us if you have any questions!**

***All area coaches/parents are welcome and encouraged to accompany your athletes**