

# VHW Training Site

## Canandaigua, NY

June 11<sup>th</sup> & 12<sup>th</sup> Canandaigua Academy Wrestling Room  
435 East Street, Canandaigua NY



This training session intended for 7<sup>th</sup> thru 12<sup>th</sup> and advanced youth athletes

- **Saturday June 11<sup>th</sup> 8:30 AM to 2:30 PM (1 hour lunch break)**
- **Sunday June 12<sup>th</sup> 9:00 AM till Noon**
  - **Cost \$ 75.00 for both days**
    - **\$ 50 for Saturday Only**
    - **Group discounts can be arranged**

Mail deposits or full payment to;

- **Rich Romeo 185 Granger Street, Canandaigua NY 14424**
- **[Romeo57@twc.com](mailto:Romeo57@twc.com) 585-414-6863**
- **Saturday 8 AM registration (cash only)**

**Vougar Oroudjov was born in Russia in 1971. He competed in both the 1992 Summer Olympics, and the 1996 Summer Olympics.**

**In Russia Vougar was the 2 time freestyle world champion as well as bronze medal winner in the 1992 Olympics.**

**He came to the United States in 2000 to establish his career and provide a future for his wife and children. Vougar worked for many years personally training eager students around the country from California to New York, the skills of wrestling. Ten years ago Vougar opened his very own wrestling club on long island., VHW : Vougar's Honor Wrestling Club. Located in Syosset, N.Y**

**Vougar started training children of all ages ranging 7- 18yrs through college. He wanted all children to have a place where they can learn wrestling, develop athletically, and learn honor, respect, and discipline for themselves and others. For the past 15 years, Vougar has been head assistant wrestling coaches at Nassau community college.**

Great opportunity for an intensity training experience with some of the wrestlers in NYS.

