



*“Women’s wrestling  
receives NCAA Emerging  
Sport Status”  
- USA Wrestling*

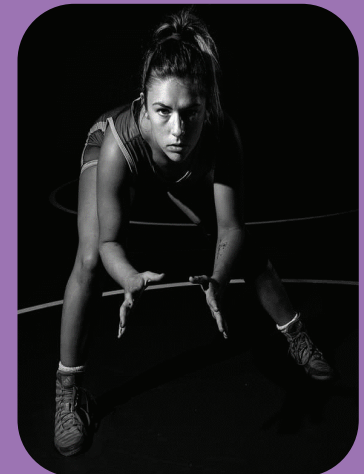
## TOUGNESS SPANS BOTH GENDERS

**36 BROXBOURNE DR  
FAIRPORT, NY 14450  
585-739-3248  
MULLENE@CANANDAIGUASCHOOLS.ORG**

## 5 LILACS

WOMEN’S FREESTYLE  
WRESTLING CLUB

JOIN THE  
MOVEMENT OF THE  
COUNTRY’S FASTEST  
GROWING SPORT!



## CLUB PHILOSOPHY

*5 Lilacs Wrestling Club is committed to providing a training resource in the off season for female wrestlers. Each practice will consist of drilling, technique and live wrestling. Our main emphasis is on freestyle wrestling development. This club is for the serious wrestler who wants to train and improve their skills. We accept all talent levels from the new comer to the nationally ranked athlete. Instruction is differentiated to fit the needs of all athletes.*

*Why freestyle? Women's wrestling has earned "Emerging Sport Status" for the NCAA. Over 30 women's programs have been added nationwide in the last few years. At this level women compete in freestyle. Freestyle is very adaptable to folkstyle, and it adds another tool to your toolbox. The 2012 Olympics featured women's freestyle wrestling for the first time.*

## STAFF



**Eric Mullen**

*Canandaigua Varsity Wrestling Coach  
'13 -'17 NYS Junior FS Head Coach  
16U/Women's Western Region Director  
2x Greco-Roman All-American*



**Lewis Cucchiara**

*HF-L Varsity Wrestling Coach  
NY-USAW Western Region Chairman*

## CLUB INFORMATION

Cost: \$150. Make checks payable to Eric Mullen. Paypal: [ericmullen01@gmail.com](mailto:ericmullen01@gmail.com) or Venmo: @Eric-Mullen-10

Membership includes:

- 3 training sessions per week
- USA wrestling membership
- Top level instruction
- Club T-Shirt
- Coaching at Tournaments
- Local Guest Clinicians

Locations/Dates:

- Tuesday/Thursday @ Pittsford Sutherland High School. 55 Sutherland St. 5:30-7:00
- Wednesday @ HF-L. 83 East St. 5:00-6:30
- First practice is Tuesday, March 17<sup>th</sup>. Last practice is Thursday, May 28<sup>th</sup>.

No practice during April Break: 6<sup>th</sup>-10<sup>th</sup>

## REGISTRATION

Name: \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_ (\_\_\_\_) \_\_\_\_\_

Birth Date: \_\_\_\_\_

High School: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Wt \_\_\_\_\_ Grade \_\_\_\_\_

Insurance Policy  
Holder \_\_\_\_\_

Policy # \_\_\_\_\_

Shirt Size Circle One: (Adult) XS S M L XL

Singlet Size: (Adult) XS S M L XL

Parents Signature: \_\_\_\_\_

Athletes Signature \_\_\_\_\_

\*Mail in registration form to:

Eric Mullen  
36 Broxbourne Dr.  
Fairport, NY 14450

Or bring to the first practice with payment in full.

For online registration visit: [apexwrestling.com](http://apexwrestling.com)