

EMPIRE WRESTLING CLUB



EST. 2009

(BROCKPORT, NY)

“CHAMPIONS ARE MADE IN THE OFF-SEASON!”

FOCUS: TO BUILD TECHNICALLY SOUND AND ELITE-LEVEL WRESTLERS. THIS IS A WRESTLING CLUB THAT IS MAINLY DESIGNED TO GET WRESTLERS MORE MAT TIME & EXPERIENCE. WRESTLERS WHO JOIN THE EMPIRE WRESTLING CLUB NEED TO BE READY TO WORK. WRESTLERS WHO WRESTLE WITH US WILL BE HIGHLY ENCOURAGED TO WRESTLE IN OFF-SEASON TOURNAMENTS FOR THE CLUB. WE ARE COMMITTED TO EXCELLENCE AND TO SEE THE GROWTH IN THE SPORT OF WRESTLING.

NOTE: THE CLUB IS 100% A NON-PROFIT ORGANIZATION. ALL MONEY WILL BE PUT RIGHT BACK INTO THE CLUB TO BENEFIT OUR WRESTLERS. ALSO, ALL YOUTH WRESTLERS WHO ARE LOOKING TO JOIN EMPIRE CLUB MUST BE EXPERIENCED AND APPROVED UPON SIGNING UP.

CLUB COST & INSURANCE: \$100 PER WRESTLER. ALSO, WRESTLERS NEED A NYWAY CARD FOR CLUB INSURANCE PURPOSES. DROP-INS ARE \$10 DOLLARS A PRACTICE. YOU MUST HAVE A NYWAY CARD TO DROP-IN.

SIBLING DISCOUNT: SIBLINGS FROM THE SAME HOUSEHOLD WILL BE GIVING A \$50 DISCOUNT ON THE SECOND WRESTLER.

LOCATION: BROCKPORT ELKS LODGE

4400 SWEDEN WALKER RD, BROCKPORT, NY 14420

CAPACITY: NUMBERS ARE LIMITED DUE TO MAT SPACE. PLEASE REGISTER AS SOON AS POSSIBLE.

CLUB GEAR: OUR GEAR WILL BE MADE AND SUPPLIED BY RUDIS WRESTLING. MORE INFORMATION TO COME SOON.

PRACTICE SCHEDULE: MONDAY 5:30-7:30 PM, WEDNESDAY 5:30-6:45 PM, & THURSDAY 5:30-7:00 PM. DATES MAY 24TH-JULY 1ST. MORE DATES TO FOLLOW & ANNOUNCED LATER.

- MONDAY & THURSDAY PRACTICES WILL BE SET-UP TO BUILD PROPER TECHNIQUES THROUGH DRILLS, INSTRUCTION, SITUATIONAL WRESTLING, MATCHES, & CONDITIONING.
- WEDNESDAY'S PRACTICE WILL BE "ALL LIVE!" THIS NIGHT IS DESIGNED TO GET OUR WRESTLERS LIVE WRESTLING AND GOOD COMPETITION. ALL DROP-INS ARE WELCOMED IF THEY HAVE A NYWAY INSURANCE CARD. NO EXCEPTIONS WILL BE MADE. THIS NIGHT WILL BE CHALLENGING AND BENEFICIAL TO GETTING COMPETITIVE MAT TIME.
- ALL "NYWAY COVID PROTOCOLS" WILL BE FOLLOWED. PLEASE CLICK THE LINK: [HTTPS://WWW.NYWAY.ORG/COVID-19](https://www.nyway.org/covid-19)

"CHAMPIONS ARE MADE IN THE OFF-SEASON!"

COACHES & CLINICIANS:

CHRISTIAN BOLEY-FORMER BHS STANDOUT AND HS NATIONAL CHAMPION. WRESTLED D1 AT THE UNIV. OF MARYLAND, MIDLANDS CHAMPION, 2X ACC CHAMPION, AND 4-TIME NCAA TOURNAMENT QUALIFIER.

CODY ANDERS-FORMER BHS STANDOUT, FIVE-TIME SECTIONAL CHAMPION, & NYS FINALIST.

MIKE MCINALLY-FORMER BYRON-BERGEN STANDOUT & NYS CHAMPION. WAS A 3X NCAA FINALIST & 3X ALL-AMERICAN AT R.I.T.

GARY BORRELLI-FORMER SPENCERPORT STANDOUT, FOUR-TIME SECTIONAL CHAMPION, & NYS CHAMPION. CURRENT BHS VARSITY PROGRAM ASSISTANT.

SCOTT OECHSLE-CURRENT BROCKPORT YOUTH WRESTLING DEVELOPMENT COACH. HAS BEEN COACHING BROCKPORT JR. BLUE DEVILS TEAMS FOR 11 YEARS.

PAUL CARELLA-CURRENT BROCKPORT YOUTH WRESTLING DEVELOPMENTAL COACH. ALSO, HAS COACHED ALL LEVELS AT BCSD. WHILE AN ASSISTANT, HELPED COACH 4 SECTIONAL CHAMPIONSHIP TEAMS AND MANY INDIVIDUAL SECTIONAL + SUPER SECTIONAL CHAMPIONS. ALSO, MANY NYS PLACE FINISHERS.



“CHAMPIONS ARE MADE IN THE OFF-SEASON!”

EMPIRE WRESTLING REGISTRATION FORM

PARTICIPANT'S NAME: _____

CURRENT GRADE: _____

D.O.B: ____/____/____

SCHOOL: _____

ADDRESS:

DO YOU HAVE NYWAY CARD? YES or NO

PHONE NUMBER: _____

SECOND EMERGENCY CONTACT NUMBER: _____

PARENT'S SIGNATURE: _____

E-MAIL: _____

****Place form in envelope with money****

****Make checks out to Brockport Wrestling****

****Register Any day****

Contact Info:

Email: paul.carella@bcs1.org

Cell Phone Number: 585-410-4947

Facebook: <https://www.facebook.com/Empire-Wrestling-Club-110380211227839>

“CHAMPIONS ARE MADE IN THE OFF-SEASON!”