



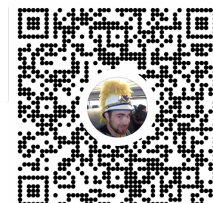
Spring Season

- 4 Nights! 2 Locations!
 - M/W 6:30 - 8:00 pm @ McQuaid High School. 1800 S Clinton Ave, Rochester, NY 14618
 - T/TH 6:30 - 8:00 pm @ Canandaigua Middle School. 215 Granger St, Canandaigua, NY 14424
- Season runs from Monday, March 13th to Thursday, June 8th.
- Emphasis on Freestyle and Greco-Roman Wrestling.
- USA card required for insurance. Cards can be purchased at <https://www.teamusa.org/usa-wrestling>
- Program Cost: \$200 for the season. Includes top level instruction at all practices, AND a coach in your corner at tournaments (local, regional, and national). **Ask about family rates.*
- Program is intended for middle school and high school athletes (boys and girls) with goals of making regional and national teams.
- Staff:
 - Eric Mullen - Canandaigua Academy. West Virginia University 2x Greco-Roman All-American
 - Sal Cruz - McQuaid Jesuit High School. SUNY Brockport All-American
 - Joel Rosko - Clarion University
- Register and pay with the QR codes below. Contact Eric Mullen ericmullen01@gmail.com with any questions.

Registration



Payment



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