

## Registration

<https://www.usawmembership.com/login> You need to register your athlete through USA Wrestling. You will need their USA Wrestling Number to complete registration for the club

Scan the QR Code below to register:

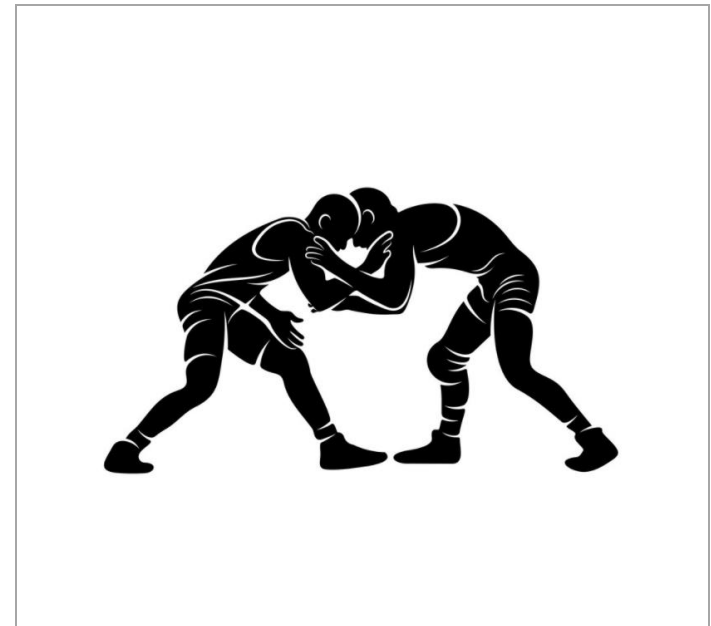


\$90.00 registration fee can be paid to via cash or check to Titan Wrestling Club (This includes a T-shirt)

You can also pay via Venmo (in the description please include your wrestlers name and that it is payment for titan wrestling club)

@titanwrestling for Venmo

# Titan Worldwide Wrestling Club



**TITAN WORLDWIDE WRESTLING  
CLUB**

# Club Philosophy

Our goal at Titan wrestling club is to get you better. We do so with lots of hard drilling and live wrestling. We like to follow the 60/40 rule, 60 percent drilling and 40 percent live wrestling. We believe in teaching what works at all levels, from high school to junior high. We will be focusing heavily on Freestyle and Greco Roman Wrestling.

We firmly believe that "Those who stay will be champions"

Take a chance and join up

## Titan Worldwide General Info

**Eligibility:** Boys and Girls grade 6<sup>th</sup>-12<sup>th</sup>. Prefer experienced mature wrestlers.

**Membership Cost:** \$90.00 per wrestler

**Membership:** USA Wrestling Card is mandatory. Each member must have their number or card before they will be allowed to practice. To get card go to <https://www.usawmembership.com/login>

**Member Benefits of TTWWC:** All USA Wrestling privileges/Club Tee shirt/Access to offseason tournaments & teams.

Freestyle/Greco Roman/Folkstyle instruction to all wrestlers

### **Training Dates, Times, Locations:**

**Dates:** March 20<sup>th</sup> – May 30<sup>th</sup> (No practice during spring break)

### **Mondays and Wednesdays:**

Location: Webster Thomas HS (Wrestling Room)

Time: 7:00-8:30 until Spring Break and then 6:00-7:30 After

### **Thursdays:**

Location: Canandaigua Academy (Wrestling Room)

Time: 6:00-7:30 PM

# Titan Wrestling Staff

## **Director: Neil Cook**

**Webster Thomas Head Coach**

**County Coach of the Year**

**Section V Coach of the Year**

**Junior National Coach**

## **Coaches:**

**-Ron Gross) Webster Thomas Assistant Coach,  
2 Time NCAA Division 3 All-American)**

**-Mike Solomonik (Penfield Assistant Coach)**

**-John Costello (Penfield Head Coach)**

**-Mike Cuppernell (Canandaigua Head Coach)**

**-Guest Clinicians as well**

### **TITAN Trained champions over the years**

20 NYSPHSAA State Champions - 100+ Section 5 Champions/Finalists

62+ NYS Place Winners – 48+ Sectional Champions

100+ Monroe County Champions