

GOLD FORCE WRESTLING CLUB

Advanced Wrestlers Only
Grades 7 and Up unless accepted by the Club Director
Three styles of wrestling – Folkstyle, Freestyle, Greco-Roman

Registration:

The Gold Force Wrestling Club will start on **Thursday, March 17th** at the Holley Elementary School on North Main Street, Holley. Registration for the USA funded Wrestling Club will be held from 5:30-6:00 pm on the first night. Registration fee will be **\$85.00**. If you already have a USA wrestling card, the cost will be **\$55.00**. **A BIRTH CERTIFICATE MUST BE SHOWN AT REGISTRATION**. Please make checks payable to: Gold Force Wrestling Club. **Those joining MUST help with club fundraisers**. Parents of the wrestlers are asked to volunteer to help at the Clubs tournament.

Dates: Wednesday and Thursday 6:00-7:30 pm

What you will receive:

- USA card with full insurance benefits
- Scholastic Folkstyle, Freestyle, and Greco-Roman instruction
- Gold Force coaches will be at tournaments to coach each member
- Club T-shirt
- One year subscription to USA Wrestling Magazine
- Discount on USA Wrestling merchandise
- Travel to several tournaments to compete as a team
- Combine with neighboring clubs to train with and increase our level of competition and knowledge
- Team singlet may be issued to those who assist in the fundraisers

Coaching Staff:

- John J. Grillo – Holley Central School Head Coach
- Rich Hannan – Holley Central School Coach, Niagara County Community College
- Ashley John Grillo – Holley Central School Team Consultant, Rochester Institute of Technology
- Adam Grillo – Holley Central School Coach, University at Buffalo
- Andrew Grillo – Holley Central School Coach, SUNY Brockport
- Shawn Hainey – Holley Central School Coach
- Len Ward – Holley Central School Coach
- Lee Heckathorn –Holley Central School Coach
- Dan Goodwin – Holley Central School Coach
- Shawn Murphy – Holley Central Volunteer Coach
- Mark Porter – Holley Central School Volunteer Coach
- Other local area coaches and college wrestlers will be in attendance

Guest Clinicians: To be announced. Special guest clinicians will attend throughout the season.

Special Dates: New members may join on any day throughout the season

- Thursday, March 17 Sign up and first practice
- Saturday, March 26 Holley Wrestling Club Tournament
- Saturday, April 2 Gold Force Section 5 USA State Qualifier

Club Successes:

This club has been in existence since 1988. Many members of the club have participated in the Empire State Games, Cadet and Junior Nationals, and several State and Regional Championships. We host the Kids, Cadet, and Junior State Qualifiers. This club also has trained pairers and referees for state-run events. We are proud to have:

- New York State Club Cup Championship
- Espoir National Greco-Roman Champions
- Cadet and Junior All-Americans
- High School All-Americans
- Several members on top ranked teams in NY State
- NYSPHSAA State Champions and several place finishers
- Several members competing at college level
- Numerous freestyle and Greco-Roman state placers
- Several medal winners at the Empire State Games

Philosophy:

The **Gold Force Wrestling Club** is designed to give the wrestlers a chance to increase their skill level through a series of drills and techniques in all three styles of wrestling. Live wrestling and situational wrestling will take place at the end of each session. Open mats will also be available. Each wrestler will have the opportunity to compete on a high level with other great wrestlers in top-notch tournaments.

FOR MORE INFORMATION CALL DIRECTOR: JOHN J. GRILLO (585) 638-6335 x2056