



Philosophy: It's not a season, it's a lifestyle. Mondays – Top clinicians from around the area will be in to show great technique! Wednesdays – focus will be on a hard drill and a tough live session.

Location: NCCC Wrestling Room

Days/Time: Mondays and Wednesdays from March - June. 6-8pm.

Cost: \$150 team rate (7 or more guys on your team) before February 15, \$175 if you sign up before February 15, \$200 after February 15. There are a limited number of spots available due to the size of the NCCC wrestling room, sign up early to guarantee your spot.

Access to Cobra Depew: You will have access to Cobra Depew practices on Tuesday and Thursdays. Cobra Depew wrestlers will have access to Cobra North as well.

2011 Wrestlers: – 5 state place winners and 11 state qualifiers, over 40 wrestlers

Coaches:

- Jeremy Stopa – Varsity Assistant Coach at Roy-Hart, Wrestled at NCCC (jstopa1@hotmail.com)
 - David Hockenberry – Varsity Assistant Coach at Lew-Port, Wrestled at Binghamton (david.hockenberry@gmail.com)
 - Bill Edwards – Lew-Port Youth Head Coach, Cleveland Ohio area transplant (wje@niagara.edu)
 - Chris Held – Wilson Head Coach, NYSS Coach
 - Many NCCC wrestlers
- *Looking for other committed coaches - Please contact coaches above if you are interested.

Past Monday Night Clinicians (from last season):

- Eric Gross – Medina Coach, DI Wrestler at Edinboro/Buffalo, widely known as one of the best wrestling technicians in NY
 - Chris Nadeau – Niagara Catholic Coach, NCCC/Upper Iowa Wrestler, Cobra Depew Coach
 - Chris Conti – Current D1 Wrestler UB Wrestler, State Champ
 - Brian Dowdall – D1 Wrestler at Buffalo, Junior College All American at NCCC, NYSS Coach
 - Mark Lewandowski – Current D1 Wrestler at UB, Round of 12 at NCAA D1 Championships
 - Brian Swatland – Williamsville North Coach
 - Marc Duquette - Past NT Coach, NCCC Asst. Coach, NYSS Coach. Wrestled D1 at Hofstra
 - Dominic Cianchetti – D1 Wrestler at Hofstra, 2x NCAA D1 National Qualifier, Past Youth Coach at NW and LP
 - Wally Maziarz – D1 Wrestler at UB, University All American in Greco
- ***We look forward to bringing in great clinicians again this year. If you are interested in being a Monday night clinician please contact the coaches.