



**When:** Sessions Will start September 10<sup>th</sup> through the start of your 2014-15 season.

**Time:** Monday's 6:30 to 8 pm, Wednesday's 6:30 to 8 pm, and Sunday's 9:30 to 11 am

**Where:** UB Wrestling Room  
66 Alumni Arena, Buffalo, NY 14260

**Cost:** \$ 200.00 per session (Fall session – that is less than \$8.00 per practice!!) Membership includes USA Wrestling card and a Club T-Shirt!!! / \$100.00 plus USA card for Sundays only!

# B U L L S W R E S T L I N G C L U B

## Bulls Wrestling Club

The “NEW & IMPROVED” Bulls Wrestling Club/ Regional Training Center is dedicated to maximizing the potential of athletes in Western New York; by providing world class training facilities, dedicated coaching staff, and traveling opportunities to compete against the best competition in the country.








## Coaching & Practices

At each practice you will receive world class coaching from members of the US Wrestling National Coaching Staff and UB Staff members who will be facilitating practices. Also on Monday's and Wednesday's there will be at least two University at Buffalo wrestlers at your disposal.

Every Sunday practice will be conducted as if you were a college Athlete! These will be very intense practices. It will give you a taste of what Division I Wrestling is all about! They will also help you get ready for the upcoming season

### Bulls Wrestling Club Technicians:

Dan Bishop – High School Director/Club Coach

-  NY State Champion
-  Junior National Champion
-  Former UB Standout

Justin Grant – Club Coach/ UB Assistant Coach

-  2X NCAA Qualifier
-  UNIV and US Open FS All-American
-  2012 Olympic Trial Participant
-  2014 World Team Trial Participant
-  2016 Olympic Hopeful

\*Other Clinicians include Bryce Hasseman, Josh Roosa, Mickey Moran, Ben Cooper, Charlie Voorhees and John Stutzman

## Our Facilities

All practices will take place in our newly renovated Ed Michael complex located in Alumni Arena at the University at Buffalo. The BWC/RTC is recognized by USA Wrestling as a Regional Training Center.

Our complex includes two full sized mats, weight training facility, and athlete lounge.



### Travel Teams:

Bulls Wrestling Club will organize teams to all major events throughout the year. Events include: Journeymen Classic, Ragin Raisin Duals, Super 32, Empire Nationals, VA Beach Nationals, Lake Placid, VA Beach Duals, Bison Duals & More.

*"Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before..."*

– Jacob Riis



## Join the Family...

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

High School: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

\*All Checks payable to NYSS/BWC

**\* NCAA RULE 13.11.2.4.1**

**All residents of the Cub must be within a 50 mile radius of the institution**

**13.11.2.4.1 Exception.**

The 50-mile radius restriction shall not apply to a prospective student-athlete who resides outside a 50-mile radius of the institution, provided the institution documents that the local sports club is the closest opportunity for the prospective student-athlete to participate in the sport.

## Contact Us

Bulls Wrestling Club/RTC  
66 Alumni Arena  
Buffalo, NY 14260

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Bullsrtc@gmail.com