



*To be the best you have to train with the best. With this new and improved format The Empire State Wrestling Club will offer more high level instruction than any other club in Western New York! We sincerely hope you consider working out with us this year.*

*Sincerely,  
Club Director  
Mike Ferris*

**FLWC**  
**FINGER LAKES WRESTLING CLUB**

Empire State Wrestling Club is a  
Proud Partner of FLWC

Empire Wrestling Club  
40 Allen Street  
Brockport NY, 14420

PLACE  
STAMP  
HERE



**EMPIRE STATE  
WRESTLING CLUB**



**USA wrestling**

# **EMPIRE STATE WRESTLING CLUB**

Spring 2016

Registration– March 14th



## Three Clubs within Empire Wrestling Club

### Empire Elite Youth Club (3-7grade)

**Primary Focus:** *Taking our youth wrestlers to the next level. Empire Elite Youth Club will push your youth athlete to the limit while introducing proven techniques that will produce successful future wrestlers. This is an advanced club which expects athletes to be driven, focused and disciplined for success.*

### High School Club (8-12 grade)

**Primary Focus:** *Provide the highest level of instruction and intense training for wrestlers in western New York. Instruction will include all three styles with a clinic provided weekly NCAA All-Americans and Qualifiers.*

### Empire Heavyweight Club (8-12 grade)

**Primary Focus:** *Empire Heavyweight Club will stress technique, weight lifting, proper diet and nutrition, strategies and techniques that have been proven successful for all heavyweights*



## Club Director:

Mike Ferris (Brockport)

- Head Coach Brockport
- 3 time NCAA Qualifier  
2001 NCAA All-American (SUNY Brockport)



## Club Coaches:

- **Tom Rispoli (East Meadow)-** 2006 Nassau County Champion, PE Scholar Athlete of the year at SUNY Brockport. Primary Freestyle Technician
- **Scott Witt (Pal-Mac)-** 2006 Section V Champion, Former wrestler at Suny Brockport
- **Garry Borelli (Spencerport)-** 1999 NYS Champion for Spencerport High School Former wrestler at University of Buffalo
- **Austin Coleman (Spencerport)-** 2013 NYS Runner up
- **Mike O'Keefe (Brockport)-** 1997 NYS Finals and Freestyle All-American
- **Paul Carella (Brockport)-** Assistant Coach at Brockport for 12 years

## REGISTRATION INFORMATION

**Registration:** Open Registration all year. Bring in your registration forms and payment on March 14<sup>th</sup> and be prepared to practice that day.

**Practice Times:** Monday-Wednesday (6:30-8:00 pm), Tuesday-Thursday (3:30-5:00)

-Primary **Youth days are Tue/Thur**

-Primary **HS/Heavyweight days Mon/Wed**

**Practice Dates:** March 14<sup>th</sup> – May 26<sup>th</sup>  
(No practices when school is not in session)

**Practice Location:** Brockport High School Wrestling Room and Fitness Center

\*For those who appreciate consistency our practices are always held in the same location. A facility that is one of the best wrestling and weight training facilities in Section Five.

**Club Fee:** \$125.00 for a Full Year Membership!! 10% discount for families with more than one athlete registered.

\***Make checks payable to: Brockport Wrestling Club**

## PERSONAL INFORMATION

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

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency Contact Phone : \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

## INSURANCE INFORMATION

Insurance Company: \_\_\_\_\_ Contract Group # \_\_\_\_\_

Parents Signature (Release Brockport Central from all liability of injury): \_\_\_\_\_

**Shirt Sizes: Youth S M L Adult: S M L XL XXL**

