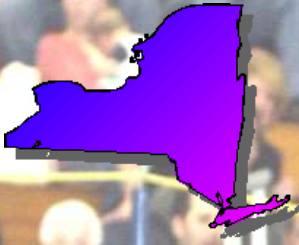


EMPIRE



STATE



WRESTLING CLUB

At Brockport High School

Freestyle, Greco Roman, & Folkstyle Training

IMPORTANT INFORMATION

Registration: Monday, March 8th (wrestling begins)

Practice: Monday*, Tuesday, Wednesday*, Thursday 6:00-8 pm.

Practice Dates: March 8th – May 29th

Club Fee: \$80

**MON and WED are primarily instructional days, TUE and THUR. will be open/live wrestling sessions*

Make checks payable to: Brockport Wrestling Club
USA Wrestling Card Required

PERSONAL INFORMATION

First Name: _____ Last _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Emergency Contact Phone : (____) _____

Date of Birth: _____

INSURANCE INFORMATION

Insurance Company: _____ Contract Group # _____

Parents Signature: _____

EXPERIENCE

Year in School: _____ Years of Wrestling Exp. _____

High School: _____ Weight: _____ Competition Weight: _____

Circle your Shirt/Short Sizes

Adult Shirt Size: S M L XL XXL

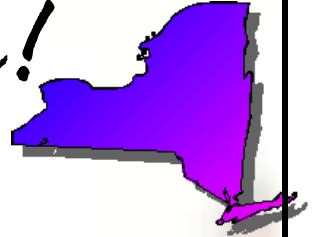
Shorts: S M L XL XXL

Check Number: _____ Cash Received: _____ USA Wrestling ID No. _____

EMPIRE STATE WRESTLING CLUB



Building an Empire!



PROVIDING TWO SCHOOLS IN ONE!

FOLKSTYLE TRAINING

MONDAY & WEDNESDAY

Club Focus:

Target group for the folk style training camp is to continue the wrestling season for those who want to keep in shape for up coming folk style tournaments. This will be run as a practice with less instruction and more sport specific drills with live wrestling.

Sample Practice Schedule:

6:00 Warm-up Dynamic Drills
6:15 Specific Drilling
6:30 Instruction/Situational Drills
6:45 Live Wrestling
7:30 Conditioning/Free Wrestling
7:45 Team/Parent Meeting if necessary

***Coaches will attend and assist all athletes at some of the most prestigious national events in the US including:**

- NWCA Nationals
- Ohio Tournament of Champions

Coaching Staff

Club Director: 2001 NCAA Division III All-American and Current Brockport Coach **Mike Ferris**
Associate Director: Former Section 5 Coach of the year Jim Cannon
Primary Freestyle Clinician: 2007 USA Wrestling Kids Person of the Year **Rea Hartley**
Primary Folkstyle Clinician: **Mike Ferris**
Youth Developmental Coach: Brockport High School's Junior Varsity coach **Paul Carella and Dave Schickler**
Injury Prevention Specialist: Auburn Tiger Alumni & Certified Athletic Trainer **Jason Wentworth**

FREESTYLE TRAINING

TUESDAY & THURSDAY

Club Focus:

Target group for the freestyle training camp is to introduce and expand the knowledge of all levels of middle school and high school wrestlers to freestyle wrestling. This session will be run with freestyle specific drills and more instruction regarding the rules and procedures of freestyle.

Sample Practice Schedule:

6:00 Warm-up Dynamic Drills
6:15 Specific Drilling
6:25 Instruction & Rules
6:50 Situational Drills
7:00 Live Wrestling
7:45 Team/Parent Meeting if necessary

***Coaches will attend and encourage all athletes to wrestle in tournaments such as:**

- Freestyle State Championships
- Northeastern Regionals

Contact Information:

Coach Mike Ferris
Phone: (585) 750-6799
Email: mferris@bcs1.org
Address: 40 Allen Street
Brockport NY, 14420

*Please contact us if you have any questions!
**All area coaches/parents are welcome and encouraged to accompany your athletes