

# EMPIRE STATE WRESTLING CLUB

----- *At Brockport High School* -----

## Fall Folkstyle Pre Season Training



### GET A JUMP ON THE COMPETITION

Including an 8 day Intensive pre-season conditioning camp beginning NOVEMBER 1<sup>st</sup> and culminating with a 4 hour Friday champions clinic on NOVEMBER 11<sup>th</sup>

### IMPORTANT INFORMATION

**Registration:** Monday, October 3rd (wrestling begins)

**Practice:** Monday, Tuesday, Wednesday, Thursday 6:00-7:30 pm (Until 11/10)

**Practice Dates:** October 3<sup>rd</sup> – August 31<sup>st</sup>

**Club Fee:** \$100.00 for a Full Year Membership!!

**All interested wrestlers who have graduated from high school need to contact Coach Ferris for an extraordinary discount on the club membership fee.**

*\*MON and WED are primarily instructional days; TUE and THUR will be an open/live wrestling sessions*

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

***USA Wrestling Card Required for non-BROCKPORT RESIDENTS***

### 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: \_\_\_\_\_

### CIRCLE YOUR 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

## Coaching Staff

**Club Director:** Coach Mike Ferris

- Brockport Blue Devil Varsity Head Wrestling Coach
- 2011 All Greater Rochester Division I Coach of the Year
- 2010 Section V Wrestling Officials Association Coach of the Year
- 3X NCAA Qualifier
- 1X All-American at SUNY Brockport

**Club Coaches:**

- Paul Carella (BHS JV)
- Mike Bourne (Kendall Head Coach)
- Brian Tatar (Byron Bergen Head Coach)
- Mike Vitale (Byron Bergen Assistant Coach)

**Volunteer Coaches:**

- Justin James (SUNY Brockport)
- John Martin Cannon (University of Buffalo)
- Christian Boley (Maryland University)
- Erik Schuth (Ohio University)
- Luke Pariso (SUNY Brockport)

**Youth Developmental Coach:** Brockport youth coach **Dave Schickler**

**Injury Prevention Specialist:** Certified Strength and Conditioning Coach and Athletic Trainer **Jason Wentworth**



### **CLUB OVERVIEW:**

Empire State Wrestling Club will provide high level coaching and competition for all levels of wrestlers. Whether you are new to the sport or aspiring to be a state champion we have the personnel to train you to reach your potential.

### **Preparation for Success at the Highest Level**

- **Top Level Technique in Folk Style, Free Style and Greco Roman**
- **Peak Performance Training**
- **Nutrition support for certification**
- **Professional pre-assessments for body fat analysis and hydration**

### **Contact Information:**

**Coach Mike Ferris**

**Phone:** (585) 750-6799

**Email:** [michael.ferris@bcs1.org](mailto:michael.ferris@bcs1.org)

**Address:** 40 Allen Street

Brockport NY, 14420

\*Please contact if us if you have any questions!

\*\*All area coaches/parents are welcome and encouraged to accompany your athletes

