

EMPIRE STATE WRESTLING CLUB

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

Folkstyle, and Freestyle Training

4 Years

22 Class Sectional Champions

10 Section 5 Champions

5 New York State Place Finishers

3 NCAA Division 1 Scholarships

IMPORTANT INFORMATION

Registration: Monday, March 12th (wrestling begins)

Revised Practice Times: Monday-Wednesday (6:00-7:30 pm), Tuesday-Thursday (3:30-5:00)

Practice Dates: March 12th – May 24th

Club Fee: \$100.00 for a Full Year Membership!! Register in March and you are good until next year.

All serious wrestlers are welcome grades 3-12 and beyond!

All interested wrestlers who have graduated from high school need to contact Coach Ferris for a 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

Name: _____
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: Brockport 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
- All-American at SUNY Brockport

Club Coaches:

- Mike McNally (BHS Assistant Coach)
 - 2X NCAA Finalist for RIT
 - 3X NYS Finalist
 - 2006 NYS Champion 119
- Mike Bourne (Kendall Head Coach)
 - 2X NYS Place finisher
- Brian Tatar (Byron Bergen Head Coach)
- Paul Carella (BHS JV Coach)
- Mike Vitale (Byron Bergen Assistant Coach)

Volunteer Coaches:

- John Martin Cannon (University of Buffalo)
- Christian Boley (Maryland University)
- Erik Schuth (Ohio University)
- Jabril Patterson (SUNY Brockport)

Youth Developmental Coach: Brockport youth coach Dave Schickler



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

Cell Phone: (585) 750-6799

Email: michael.ferris@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

