

FINGERLAKES WRESTLING CLUB

Membership Plan:

Complete Year Membership (\$400)
-Includes Match Pack

or

Fall Membership(\$150)
Winter Membership(\$200)
Spring Membership(\$150)
Match Pack(\$10)

Name: _____
(Print) Last First

Address: _____
Street
City State Zip

Age: _____ School _____

Parent/Guardian: _____

Ph # _____ Emergency# _____

Email _____

Please enclose your membership fee. Must have a USA Wrestling card to participate (\$30). USA Card will be available at practices.

Make checks payable and mail to:

Finger Lakes Wrestling Club
c/o Mark DiSalvo
Friedman Wrestling Center
Campus Rd
Ithaca, NY 14853

I verify that my child has medical insurance and a physician has determined he/she is physically able to participate in the wrestling club practices. I agree to allow my child to be treated by a licensed physician while attending (if necessary).

I am aware of all the inherent dangers and risks involved in sports participation including: bodily injury, sprains, fractures, dislocations, lacerations, concussions, skin disease, eye, head, neck or back injuries, or death.

I agree to release and hold harmless Cornell University, the Fingerlakes Wrestling Club and its representatives from any and all liability, damage or claim which may arise related to his/her participation in the club, except for those things caused by negligence.

Signature of Parent/Guardian Date

Medical Insurance Company Policy #



Friedman Wrestling Center
Campus Rd.
Ithaca, NY 14853

2006-07 FLWC Schedule



Fall Schedule:

(Sept. 17-Nov.9)

- Sunday: Cornell
- Tuesday: Cornell
- Wednesday: Athens, PA
- Thursday: Canandaigua, NY

Winter Schedule:

(Nov. 26-Mar. 6)

- Sunday: Cornell
- Tuesday: Cornell

Spring Schedule:

(Ap.15-June.12)

- Sunday: Cornell
- Tuesday: Cornell

www.flwrestlingclub.org

Coaching Staff

The FLWC coaching staff is comprised of some of the top coaches and athletes the country has to offer; this includes four **FLWC Club Coaches**. Among other things, our combined staff has 8 NCAA Division I individual titles, 25 NCAA Division I All-Americans, and many years of experience competing and coaching at all competitive levels.



- **Mark DiSalvo**
- **Clint Wattenberg '03**
- **Travis Lee '05**
- **Mitch Clark**
- **Rob Koll**
 - Cornell Head Coach
- **Cory Cooperman**
 - Cornell Assistant Coach
- **Tyler Baier**
 - Cornell Assistant Coach
- **Damion Hahn**
 - Cornell Assistant Coach
- **Marty Nichols**
 - Ithaca College Head Coach
- **Dave Auble '62**
- **Gene Nighman '81**

FLWC Complete '06-'07 Schedule and Membership info

Fall Schedule: 8 weeks (32 sessions) \$150 (Sept. 17-Nov.9)

- **Sunday: Cornell**
 - (Y: 5-6:30pm)
 - (HS: 6:30-8pm)
- **Tuesday: Cornell**
 - (Y & HS: 6:30-8pm)
- **Wednesday: Athens, PA**
 - (Y & HS: 6-7:30pm)
- **Thursday: Canandaigua, NY**
 - (Y & HS: 6-7:30pm)

Winter Schedule: 15 weeks (30 sessions) \$200 (Nov. 26-Mar. 6)

- **Sunday: Cornell**
 - (Y: 5-6:30pm)
 - (HS: 6:30-8pm)
- **Tuesday: Cornell**
 - (Y & HS: 6:30-8pm)

***Spring Schedule*:** 9 weeks (18 sessions) \$150 (Ap.15-June.12)

- **Sunday: Cornell**
 - (Y: 5-6:30pm)
 - (HS: 6:30-8pm)
- **Tuesday: Cornell**
 - (Y & HS: 6:30-8pm)

Includes FLWC Coaching at Spring Tournaments

Y=Youth age division
HS=High School age division

- **Team Discounts Available**
- **Complete year rate: \$400**
- **Per session rate=\$10 (total \$800)**
- **Complete year discount= 50% (\$400)**

Sunday Match Pack and the Friedman Wrestling Center

- **Sunday Match Pack** (\$10 or included in Full-Year Membership) Includes:
 - Entry into 3 Cornell Duals (Ohio State 11/26, Penn State 1/7, Arizona State 1/21)
 - Entry into 2 clinics (OSU coaching staff 11/26, ASU coaching staff 1/21)



FLWC holds club practice in the Friedman Wrestling Center; the country's finest wrestling training facility. A strength and conditioning room attached to the main wrestling room features state-of-the-art equipment. This makes it possible for coaches to educate our athletes in all areas of strength and cardiovascular training. We will focus on Olympic lifts as well as alternative strength training techniques.

- Each club session will include:
 - The opportunity to train with the best athletes and coaches in the country
 - 45min Technique and Drilling
 - 45min LIVE, Strength training, and Conditioning