

USA Wrestling WAIVER

1. On behalf of myself, my heirs and next of kin, personal representative, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICA WRESTLING ASSOCIATION, INC., its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of USA Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any USA Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releasor understands and acknowledges that USA Wrestling sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any USA Wrestling sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releasor acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from releasor's own action, inactions or negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

*Member Acknowledgment

*Parent or Legal Guardian

Date

*Relationship



FINGERLAKES WRESTLING CLUB

Winter Tuition:

Winter Membership (\$120).....☐
Single Session (\$10)☐
USAW Card#.....☐
Individual Training Sessions:
wattenbergwrestling@gmail.com

Name: _____
(Print) Last First

Address: _____
Street

City State Zip

DOB: _____ 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 for purchase at practices.

Make checks payable and mail to:

Finger Lakes Wrestling Club
Friedman Wrestling Center
Campus Rd.



Coaching Staff



FLWC Coaches

Clint Wattenberg:

- 2x Division I All-American
- 2x US National Team Member

Damion Hahn:

- 4x Division I All-American
- 2x NCAA Champion
- 2x US National Team Member

Travis Lee:

- 4x Division I All-American
- 2x NCAA Champion

Mitch Clark:

- Division I NCAA Champion

Matt Bogumil:

- 3x Cornell Starter
- NY State HS Finalist
- Section IV Champ (Maine Endwell)

Gene Nighman:

- Division I All-American

FLWC 2007 Winter Schedule and Individual Training Session Info

Sunday Winter Practices

(Check flwrestlingclub.org for updates)

Sunday Practice

- 3:00pm - 4:45pm:
- Sunday November 11- March 2
- 15 Winter Session Practices
 - No practice 12/23, 12/30
- \$10/ session or,
- \$120 Season Pass

Note: All Practices will be held at the Friedman Wrestling Center at Cornell University

SPRING SCHEDULE

(tentative)

- Mar. 30-May 25
- Sundays: 3:00-4:30pm
- Tuesdays: 6:00-7:30pm



Practice Format and the Friedman Wrestling Center

Each Club Session Will Include

- The Opportunity to train with the best athletes and coaches in the country.
- 15 minutes of warm-ups: agilities, tumbling, soccer.
- 45 minutes of technique and drilling.
- 45 minutes LIVE, Strength Training, and Conditioning



FLWC holds club practice in the **Friedman Wrestling Center** located at Cornell University; the country's finest wrestling training facility.

FLWC holds club practice in the **Friedman Wrestling Center** on the Cornell University campus. 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. The FLWC also has a CSCS certified coach on staff available for consultation.