

Spartan Wrestling Club



Elite Wrestling Clinic VII

Featuring:

Members of the

All-Marine Wrestling Team

Sgt. Jacob Clark (84kg)
2006 National (Greco) Champion
USA World Team Member



Sgt. Noah Blankenship (60kg)

LCpl Jeremy Pederson (96kg)

Sunday, September 30th, 2007

11:00 AM – 2:00 PM

Greece Olympia High School

1139 Maiden Lane, Rochester, New York 14615

** There is NO charge to attend this clinic, all wrestlers & coaches are welcome to attend!*

This clinic is best suited for the high school level athlete.

For Clinic Information Contact: Coach Lou Lombardo

(585) 313-8503 or (585) 865-6181

Spartan Wrestling Club: Elite Clinic VII Application

Please Print Clearly

Name: _____

Address: _____

Home Phone #: _____

Age: _____ Grade: _____

School: _____

Medical Information:

Insurance Company: _____

Contract Group #: _____

* I certify that my son / daughter has no injury or illness which could jeopardize his / her health or well being by participating in the wrestling activities of the Spartan Wrestling Club, Elite Wrestling Clinic VII. Signing this application releases Spartan Wrestling Club, Greece Central School District, USMC, its clinicians, and all representatives of the above mentioned from legal action due to injury incurred at this event.

Parent / Guardian Signature:

* There is **NO** entry / application fee due to participate in this event. Elite Wrestling Clinic VII is sponsored by Spartan Wrestling Club, The United States Marine Corp, and All-Marine Wrestling Team.



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Rochester, New York 14615

Clinic Schedule:

- Sunday, September 30th, 2007:

Check In: 10:15 AM – 10:45 AM

Clinic: 11:00 AM – 2:00 PM

Clinic Content:

- All phases of wrestling,
- Warm-ups, Conditioning, Preparation
- Questions / Answers / Review

* Wrestlers come ready to drill & wrestle; you will be on the mats.

This is not a lecture format!

Members of the All-Marine Wrestling Team will lead all activities during the clinic. Sgt. Jacob Clark, Cpl. Noah Blankenship, LCpl. Jeremy Pederson.

Clinic Information / Contact:

Lou Lombardo: (585) 865-6181 or (585) 313-8503

Clinicians are subject to change without advanced notification. Every effort will be made to replace clinicians who are unable to attend.

What You Need To Know:

Cost:

Free to all athletes and coaches.

Participation is best suited for the High School level wrestler but all wrestlers are welcome to attend.

Location:

Greece Olympia Senior High School

1139 Maiden Lane, Rochester NY 14615

(Large Gymnasium)

What To Bring:

Wrestling shoes, head gear (optional), workout clothing.

Rules:

Wrestlers are expected to attend and actively participate in each segment of the clinic.