

FINGER LAKES WRESTLING CLUB

Great Pre-Season Training Opportunity! October 2, 9, 16, 23 & 30

Get ready for the new season with "Match Nights" at the nation's first stand-alone wrestling training facility. The purpose of each practice is to strengthen your wrestling skills through intense live wrestling and match-like situations. Our goal is to get at least three matches in per practice.

- One practice per week starting Oct. 2 geared solely towards competition**
- Practice will begin at 2:00 p.m. every Sunday at the Friedman Wrestling Center**

Cost:

- \$50 (includes USA wrestling card)**
- \$25 (if you already have USA card)**
- \$10 at the door per practice (must have proof of USA card)**

Questions? Contact:

Rob Koll: (607) 255-7307
rk45@cornell.edu
Steve Garland: (607) 255-8145
sg244@cornell.edu

Name: _____

Address: _____

Phone: _____

Age: _____ E-mail: _____

High School: _____

High School Coach: _____

****Please send payment to:**
Finger Lakes Wrestling Club
Attn: Rob Koll
33 Waterview Hts.
Ithaca, N.Y. 14850