

Why the Finger Lakes Wrestling Club?

The Finger Lakes Wrestling Club is based out of Cornell University's Friedman Wrestling Center. FLWC coaches include former Cornell Wrestling coaches and wrestlers who bring with them the system that has the Big Red among the nation's elite.

This year, the FLWC is taking the same model that has brought success to both Cornell and FLWC wrestlers to many satellite practice locations. Expect practices to be consistent between locations, utilizing drilling to build technique and along with live wrestling to help sharpen those skills.

In addition to great coaching, the FLWC provides youth, modified, high school, college and even senior level wrestlers the opportunity to train at the premier wrestling facility in the country; the Friedman

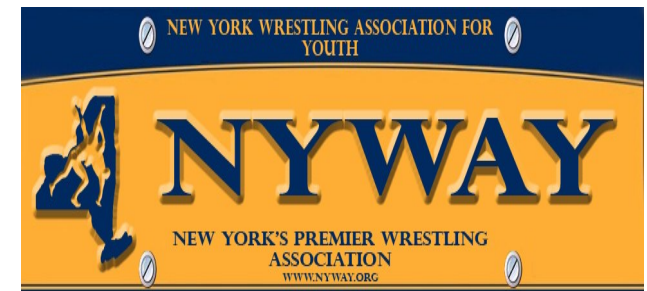
www.flwrestlingclub.org

FLWC
FINGER LAKES WRESTLING CLUB

Friedman Wrestling Center
Campus Road
Ithaca, NY, 14853



Spring 2014 Registration



Spring Practice Schedule

March 9th – August 10th

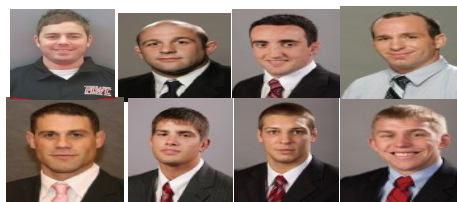
Friedman Wrestling Center

610 Campus Drive

Ithaca NY 14853

Practice Locations:

Sunday	Cornell	3-5pm
Monday	Cornell	6-7:30 pm
Wednesday	Cornell	



FLWC Coaching Staff

Kris Harrington-FLWC Developmental Director

2 x NCAA All American

Cam Simaz - FLWC Coach, NCAA Champion, 4x NCAA All-American

Mitch Clark - FLWC Coach, NCAA Champion, 3X NCAA All-American

FLWC Clinicians

Mike Grey - Cornell Asst. Coach, 2X NCAA All-American, Jr. National Champ

Clint Wattenberg - 2X NCAA All-American, US National Team Member

Steve Bosak - NCAA Champion, 3x All-American

Kyle Dake - 4x NCAA Champion, Hodge Trophy Winner

Club Counselors

Mike Nevinger - 2x NCAA All-American

Nahshon Garrett - NCAA All-American

Chris Villalonga - 4x National Prep champ

Jesse Shanaman - 3x National Prep medalist

Gabe Dean - University All-American, JR All-American

And Many more...

ANNUAL

\$275

Includes practices at ALL sites Sept-Aug

SEASON

Spring '14 –March 16th– August 10th

\$135

PAY PER PRACTICE

\$10 per practice

* All members must have either a current NYWAY or USA wrestling card to practice



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