

## Ascend Wrestling Club

32A E. Carl St  
Hicksville, NY 11801  
917-449-6098  
[www.ascendwrestling.com](http://www.ascendwrestling.com)



Ascend Wrestling Club will be beginning its Spring High School (grades 7-12) registration on Monday March 5, 2018.

Come down and register between 6:00p - 7:00p any night before practice!

Come train at Long Island's premiere wrestling facility!!

Over the past 9 seasons, wrestlers from Ascend have won multiple Nassau, Suffolk, CHSAA, & Private School Championships, multiple State Championships, All-American honors and National Titles!!

15 wrestlers from Ascend have gone on to wrestle at Ivy League institutions and many others have gone on to wrestle at other top institutions.

Spring Practice Schedule:

Monday, Tuesday, Wednesday, Thursday 7:00p - 9:00p, Sunday 11:00a - 1:00p for All Members.

Please call or text 917-449-6098 or email [craig@ascendwrestling.com](mailto:craig@ascendwrestling.com) for more information regarding pricing packages. We offer team discounts for 5 or more.

Wrestlers must have a valid USA Wrestling card.

### **STAFF:**

#### **CRAIG VITAGLIANO**

Craig is a 3x Nassau County Champion, New York State Champion, University National Freestyle Champion, and a 4x Empire State Games Gold Medalist. He was a 4 year starter at Harvard University.

In addition to his work with Ascend, Vitagliano – USA Wrestling's 3x Developmental Coach of the Year for the Northeast Region – serves as an assistant coach at Port Washington High School and has been a member of the New York State National Freestyle coaching staff for 4 years.

#### **ASSISTANT COACH ROBERT PERSON**

Rob is one of the original Ascend members and is a 2x Nassau County Champion, 3x Nassau County Finalist, 4x Nassau County Place Winner, & State Place Winner for Bellmore JFK High School.

Rob wrestled D1 at Binghamton University for 2 years and will be helping to coach at Ascend before he goes on to Law School next Fall.

#### **YOUTH COACH JAMIE DUNN**

Jamie was a 2x All-County wrestler & a 4x County Qualifier for Mepham High School and has the 3rd most wins in Mepham history with 117. Jamie also serves as an assistant coach at Mepham High School and Grand Avenue Middle School.