

WANTAGH 3 STYLE WRESTLING CLUB
WHERE CHAMPIONS ARE MADE

NEW YORK INDIVIDUAL STATE CHAMPS 2009, 2013, 2018
NEW YORK STATE DUAL MEET CHAMPS 2012, 2013, 2018
NASSAU COUNTY CHAMPIONS 1968, 2009, 2011, 2012, 2013,
2014, 2015, 2017, 2018

SPRING PRACTICE 2020

THE WANTAGH 3 STYLE WRESTLING CLUB OFFERS WORKOUTS ALL YEAR ROUND. IF YOUR GOAL IS TO GET BETTER WITH INSTRUCTION AND LIVE WRESTLING LOOK NO FURTHER. THIS INCLUDES FOLKSTYLE, FREESTYLE AND GRECO

THE STAFF INCLUDES:

PAUL GILLESPIE: HEAD COACH AT WANTAGH HIGH SCHOOL, MEMBER OF THE NATIONAL COACHES HALL OF FAME, FORMER TWO (2) TIME DIVISION 1 ALL AMERICAN, 2013 NATIONAL HS COACH OF THE YEAR

REGGIE JONES: ASSISTANT COACH AT WANTAGH HIGH SCHOOL, NATIONAL HALL OF FAME

RAY HANLEY JR., ASSISTANT COACH AT WANTAGH H.S.

P.J. GILLESPIE FORMER NCAA ALL AMERICAN: ASSISTANT COACH AT WANTAGH HIGH SCHOOL

RAY HANLEY SR.: HEAD COACH AT WANTAGH MIDDLE SCHOOL / AND YOUTH COACH

TODD BLOOM, ASSISTANT HEAD COACH WANTAGH HS

BRIAN HOOKER, ASSISTANT HEAD COACH WANTAGH HS

GUEST INSTRUCTORS:

VOUGAR 2X WORLD CHAMPION, BRONZE OLYMPIC MEDALIST

JUSTIN ACCORDINO FORMER NCAA ALL AMERICAN ASSISTANT COACH CHAMINADE HS

DATE / TIME:

SIGN UP – TUESDAY, 03/03/2020 AT 6:00 P.M. AT THE MIDDLE SCHOOL WRESTLING ROOM FOLLOWED BY THE FIRST PRACTICE. YOUTH WRESTLING 6:00 P.M. TO 7:00 P.M. SIXTH GRADE, MIDDLE SCHOOL AND HIGH SCHOOL DIVISION 7:00 P.M. TO 8:30 P.M.

THE SPRING SESSION WILL RUN FROM TUESDAY, 03/03/2020 TO THURSDAY, 05/21/2020. PRACTICES WILL BE HELD ON **TUESDAYS** AND **THURSDAYS**.

***PAYMENTS CAN BE MADE IN CASH OR CHECK TO THE WANTAGH WRESTLING CLUB. THE COST IS \$100.00 FOR YOUTH WRESTLERS AND \$150.00 FOR MIDDLE SCHOOL AND HIGH SCHOOL ATHLETES ***

WE REQUEST THE FOLLOWING INFORMATION AT THE SIGN UP: NAME, ADDRESS, E-MAIL, DOB, GRADE AND WEIGHT

QUESTIONS: CONTACT RAY HANLEY SR. CELL - 516-526-8632

E-MAIL R.J.HANLEY66@GMAIL.COM

PAUL GILLESPIE CELL 516-319-9493