

PRO-EX WRESTLING

What: Wrestling Club For 1st-6th Grade
Wrestlers

Where: Pro-Ex Wrestling 2995 Sunrise Highway
Islip Terrace

When: Monday & Wednesday 7:45pm – 9:15pm
Sunday 10:45am-12:15pm

What: Wrestling Club For 7th-12th Grade
Wrestlers

Where: Pro-Ex Wrestling 2995 Sunrise Highway
Islip Terrace

When: 125lbs And below Monday & Wednesday
7:45pm –9:15pm

Sunday 10:45am-12:15pm

130lbs And above Tuesday & Thursday

7:45pm –9:15pm

Sunday 10:45am-12:15pm

COST -1st-6th grade: \$75 monthly

-7th-8th grade: \$100 monthly

-9th-12th grade: \$125 monthly

All Skill Levels Welcomed, Technique & Conditioning Taught By A Professional
NYS Licensed Coach With Over 35 Years Of Wrestling Experience

Coach Izzy Medina

Nassau County Champ, NYSPHSAA Placewinner, 2x NYS National Team

Member 10 Year Head College Coach SUNY Maritime

9 Year Assistant Coach Wantagh & Freeport

Current Head Coach West Babylon

2009 Nassau County Asst. Coach Of The Year

2011 LIWOA Coaches Sportsmanship Award

Kid Coaches

- Alex Aristides (Maxum BJJ)
- Jeff Browne (Brentwood)

Lightweight Coaches

- Steve Bulzomi (Binghamton)
- John Baloga (St. Anthony's)
- Anthony Spataro (Pat- Med)

Middleweight Coaches

- Gregg Cherry (Cortland)
- Paul Bulzomi (Southern Connecticut State)
- John Kokolakis (SUNY Farmingdale)

Upperweight Coaches

- Brendan Dent (Cortland)
- Jon Flores (West Babylon)

Heavyweight Coaches

- Mike Hughes (Hofstra)
- Dan Hayden (Sacred Heart)

For more info contact Izzy Medina 516-697-5564 proexwrestling@yahoo.com