

The FS9 WRESTLING CLUB

at Hum'nbirds Baseball facility /Lone Wolf Cross Fit 688 Route 17K, Montgomery, NY

Just for starters: Open Mats on 3 mats staffed by High School Coaches 4 nights per week will include: Warm-ups, drilling, LIVE wrestling, instruction as needed.

As club expands, possibilities of dual meets and tournaments within the facility should become available. Weekend clinics will be attempted that full time members can get into at discounted rated. Youth summer camp is also in the works.

Every Monday, Tuesday, Wednesday, and Thursday

6:00-8:00 pm from April 6 – Oct 29 (117 sessions)

Closed Monday: 5/25-Memorial Day, Monday 9/7-Labor Day, Monday 10/12-Columbus Day

Must currently be in 7th grade or older to enroll. HS Grads also welcome.

THE FS9 WRESTLING CLUB

688 Route 17K, Montgomery 12549

Miles	Min	SCHOOLS within 30 minutes
3	4	from VALLEY CENTRAL HS
8	12	from NEWBURGH (NFA) HS
9	14	from WALLKILL HS
10	15	from WASHINGTONVILLE HS
10	16	from CORNWALL HS
12	18	from PINE BUSH HS
17	18	from BURKE CATHOLIC
16	20	from MIDDLETOWN HS
15	24	from GOSHEN HS
21	24	from CHESTER HS
18	26	from NEW PALTZ HS
23	28	from MONROE WOODBURY HS
23	28	from MINISINK VALLEY HS
27	32	from HIGHLAND HS
30	34	from TUXEDO HS

What do other clubs and camps cost?

WEST POINT WRESTLING CAMPS

5 days- sleepover **\$545**

RENZO GRACIE

3 days per week **\$560**

IOWA STYLE-ELITE

4 days per week **\$xxxx**

FEE STRUCTURE

ALL participants must have an active NYWAY card for insurance purposes.

The card can be from a current club or can be purchased from the FS9 Club

ANNUAL MEMBERSHIP \$475

(covers all 117 sessions)

or **SINGLE SESSION FEE \$15**

(only 32 sessions @ \$15 = \$480)

CURRENT SENIORS

(who placed Top 4 in Sectionals) are **FREE**

Possible future clinicians may include former S9 standouts like:

Univ. VA Head Coach Steve Garland, Univ. of S. Maine Head Coach: Joe Pistone.

Hofstra All American: Lou Ruggirello, and Hofstra Varsity wrestlers: Jamie Franco and Cody Ruggirello among others.

THIS OFFSEASON ...

LET'S ROLL TOGETHER