



January 23rd



1pm-4pm

Troy Nickerson Clinic

Cornell University NCAA Champion

4X All American

New York State Only 5x Champion

First Time on Long Island!

Cost: \$25

First 100 Wrestlers

Clinic Details:

Intense Drills
Crab Ride
Leg Turns
Granby Series
Single Legs
Front Headlocks

Contact Information

Keith Wagner Director
Keithwagner@esmsports.com

Michael Starr co-Director
Go4wrestling@optonline.net
516-458-0734

Troy is currently the Head Coach of the Finger Lakes Wrestling Club and still involved with number one ranked Cornell University. Troy will be attending the entire Youth Tournament at Eastport South Manor. You're bound to learn something about technique and training that will help you during the season, and probably for the rest of your wrestling career. Coaches can learn a great deal from Troy as well.. Again this is Troy Nickerson's first clinic on Long Island! Let's give him a Strong Island welcome!!

Troy Nickerson Wrestling Clinic

**5 Time New York State Champ and
4 Time NCAA All-American at Cornell
Sunday, January 23rd**

Time: 1:00 PM to 4:00 PM

Location: Eastport/South Manor HS

Please make checks payable to **ESMSA Wrestling**

Mail to: 14 Par Dr. Manorville, NY 11949

Registration fee: \$25 for clinic only or \$50 for Troy Nickerson clinic and tournament which precedes the clinic. If interested in both see tournament application on the next page.

INFORMATION: call Keith Wagner at 631 905-7175 or
e-mail me at wrestling@esmsports.com

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Wrestlers Name _____ DOB _____

Club Name _____

Age/Grade _____ Phone# _____

Check One:

\$25 Clinic Only - For tournament as well see flyer on next page

Participant's Waiver and Release from Liability

I _____ the parent or legal guardian of _____
assume full responsibility for my child in case of any injuries or losses that he/she may incur or suffer directly or indirectly, from training, traveling, to or from or participating in the sharks youth wrestling tournament. I do acknowledge that participation in this tournament is at our own risk. We hereby release and hold harmless the sharks youth wrestling club, the esm school district, the tournament officials, referees, or any other person associated with the organization or operation of the tournament for any injuries or losses incurred.

Wrestlers signature: _____

Parent signature: _____

3rd Annual Kathy Wagner Memorial Youth Wrestling Sunday, January 23rd

Style: Folk Style Tournament
Time: Check-in starts at 8:00am
Wrestling will start promptly at 9:00am
Location: Eastport/South Manor HS
Divisions: (1st & 2nd)(3rd & 4th)(5th & 6th)(7th & 8th)
Weights: Madison system will be used to determine weight classes
Periods: 1st - 6th grade will be 1, 1, 1
7th - 8th grade will be 1^{1/2}, 1, 1
Weigh-ins: Will be done by the coaches, and all weights
and permission slips must be handed in by Wed. Jan. 19th
Please make checks payable to **ESMSA Wrestling**
Mail to: 14 Par Dr. Manorville, NY 11949

USA cards are required

Registration fee: \$25 for tournament only or \$50 for tournament and Troy Nickerson clinic to follow tournament

INFORMATION: call Keith Wagner at 631 905-7175 or
e-mail me at wrestling@esmsports.com

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Wrestlers Name _____ DOB _____

Club Name _____ USA card # _____

Age/Grade _____ Weight _____ Phone# _____

Coaches Rating 1 2 3 4 5

Check One:

\$25 Tournament Only

\$50 Tournament + Clinic Only

\$25 Clinic Only

Participant's Waiver and Release from Liability

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assume full responsibility for my child in case of any injuries or losses that he/she may incur or suffer directly or indirectly, from training, traveling, to or from or participating in the sharks youth wrestling tournament. I do acknowledge that participation in this tournament is at our own risk. We hereby release and hold harmless the sharks youth wrestling club, the esm school district, the tournament officials, referees, or any other person associated with the organization or operation of the tournament for any injuries or losses incurred.

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