

PRO-EX WRESTLING

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

Where: MAXUM BJJ Bohemia

4495 Sunrise Highway Bohemia

When: Tuesdays 7:45 – 9:15 PM &

Thursdays 5:00 PM – 6:45 PM

Cost: \$100 Monthly

All Skill Levels Welcome: Technique &
Conditioning Taught By A Professional, Licensed
Coach with Over 25 Years Of Wrestling Experience.

Coach Izzy Medina

Nassau County Champ, NYS Placewinner, 2 Time HS
Greco Roman State Finalist & NYS Junior National Team
Member, JUCO All-American Div III

10 Year Head College Coach

7 Year HS Asst. Coach

2009 Nassau County Asst. Coach Of The Year

2011 LIWOA Coaches Sportsmanship Award

For More Info Contact Izzy Medina

516-697-5564

coachizzyhere@yahoo.com