



Belding High School Wrestling 2016-17

Varsity Dual Record 20-15

HOME SCORE		SCHOOL	OPP SCORE	TEAM RECORD
18	Belding	Allegan	56	0-1
33	Belding	Tri County	42	0-2
67	Belding	Spring Lake	6	1-2
57	Belding	East Grand Rapids	15	2-2
62	Belding	Kent City	18	3-2
48	Belding	Whitehall 'B'	21	4-2
15	Belding	Rockford	58	4-3
63	Belding	Hopkins	6	5-3
19	Belding	*** Allendale	49	5-4
66	Belding	Central Montcalm	12	6-4
36	Belding	Alma	42	6-5
59	Belding	All Stars	26	7-5
34	Belding	*** Carson City	36	7-6
43	Belding	*** Lowell	27	7-7
62	Belding	Lee	15	8-7
33	Belding	Comstock Park	35	8-7
64	Belding	North Point Christian	6	9-8
67	Belding	West Catholic	6	10-8
67	Belding	Godwin Heights	6	11-8
66	Belding	Spring Lake	9	12-8
21	Belding	*** Dewitt	50	12-9
21	Belding	*** Grandville	50	12-10
53	Belding	Plymouth	24	13-10
55	Belding	Byron Center	21	14-10
39	Belding	Kelloggsville	25	15-10
15	Belding	Sparta	52	14-11
48	Belding	Hesperia	28	16-11
18	Belding	Hudsonville	49	16-12
12	Belding	*** Allendale	58	16-13
57	Belding	Otsego	18	17-13
36	Belding	Comstock Park	41	16-14
58	Belding	Calvin Christian	0	18-14
50	Belding	Catholic Central	24	19-14
63	Belding	Catholic Central	15	20-14
28	Belding	Comstock Park	37	20-15

*** = Team that was Top 8 at Team Sate Meet

Varsity Tournament Finishes

- Kent City 2nd
- John Baum Classic 4th
- West Catholic 3rd
- Sparta 6th
- Lowell 9th
- Whitehall 8th
- Conference meet 2nd

Individual Tournament Results

West Catholic Inv.

125	Maison Krieger	3rd
135	Nolan Barker	3rd
140	Jon Silva	2nd
160	Chase Robinson	3rd
171	Mitchell Ward	1st
189	Josh Smith	3rd
215	JayCee Frisbie	3rd

Individual Districts

140	Tyler Smith	3rd
152	Ray Lofton	4th
160	Chase Robinson	3rd
171	Mitchell Ward	1st
189	Josh Smith	3rd
215	JayCee Frisbie	1st

Individual Regionals

140	Tyler Smith	3rd
171	Mitchell Ward	3rd
215	JayCee Frisbie	3rd

Individual State

171	Mitchell Ward	6th
215	JayCee Frisbie	6th

OK Silver Conference Tournament

103	Isaia Hare	3rd
125	Maison Krieger	2nd
130	Thomas Doran	2nd
135	Nolan Barker	3rd
140	Tyler Smith	1st
145	Jon Silva	1st
152	Ray Lofton	1st
160	Chase Robinson	1st
171	Mitchell Ward	1st
189	Josh Smith	2nd
215	JayCee Frisbie	1st
285	Dalton Riches	3rd

Team Category Leaders

Top 10 single season records

Team Points		Matches Wrestled	
Total	Year	Total	Year
3095	1988	740	2016
2350	2015	690	1988
2337	1989	662	2017
2279.5	2017	654	2015
2272	2016	547	1986
2269.5	1986	547	1987
2093	1985	533	1989

Team Pins		Ind. Winning Percentage	
Total	Year	%	Year
292	1988	70.10%	1989
237	2015	68.40%	2009
236	2016	68.40%	1987
230	2017	68.30%	2015
228	1984	67.00%	1988
219	1989	62.30%	2017

Team Wins Record by %		Wrestlers with 30 wins	
Record	Year	Total	Year
89.20%	25-3	8	1988
88.00%	22-3	7	2015
80.00%	28-7	6	1984
77.10%	27-8	6	2016
75.00%	3-Sep	6	2017
51.14%	20-15	5	1997
		5	2013

Most State Metalists		Highest Finish In State meet	
Total	Year	Place	Year
4	1984	2	1988
3	1989	Tied 5	2013
3	2009	10	1994
2	20017		

Isaiah Hare



103

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Isaiah Hare	110	19	17	7	3	7	0	23	10

Brayden Harwood



145

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Brayden Harwood	58	14	28	7	5	6	0	20	3

Mattsen Putney



160

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Mattsen Putney	27	6	4	2	0	3	0	4	2

Jonathan Ross



285

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Jonathon Ross	18	3	4	3	2	4	0	2	3

Thomas Doran



130

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Thomas Doran	148	26	36	17	8	27	0	29	18

JJ Jones



152

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
JJ Jones	21	4	10	3	2	4	0	5	2

Chad Closser



152

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Chad Closser	53	10	14	4	1	6	0	18	7

Nolan Barker



135

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Nolan Barker	145	24	29	16	1	18	2	26	18

Tyler Smith



140 State Qualifier

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Tyler Smith	177	35	52	9	5	17	0	25	19

Mitchell Ward



171 All State 6th Place

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Mitchell Ward	276	50	84	27	11	34	0	63	27

David Ross



215

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
David Ross	84	15	22	3	1	11	0	2	11

Maison Krieger



125

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Maison Krieger	183	32	40	44	25	30	1	31	21

Ray Lofton



152 Regional Qualifier

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Ray Lofton	73.5	13	18	5	6	9	0	15	4

Chase Robinson



160 Regional Qualifier

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Chase Robinson	201	38	54	23	11	25	0	31	16

Josh Smith



189 Regional Qualifier

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Joshua Smith	215	38	68	11	11	33	0	19	23

Jaycee Frisbie



215 All State 6th Place

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Jaycee Frisbie	232	44	56	8	8	21	0	34	21

Dalton Riches



285

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Dalton Riches	107	18	10	9	2	9	0	11	10

Full Team Stats

	Team Points	Wins	T2	R2	N2	N3	N4	E1	Fall
Mitchell Ward	276	50	84	27	11	34	0	63	27
Jaycee Frisbie	232	44	56	8	8	21	0	34	21
Joshua Smith	215	38	68	11	11	33	0	19	23
Chase Robinson	201	38	54	23	11	25	0	31	16
Maison Krieger	183	32	40	44	25	30	1	31	21
Tyler Smith	177	35	52	9	5	17	0	25	19
Thomas Doran	148	26	36	17	8	27	0	29	18
Nolan Barker	145	24	29	16	1	18	2	26	18
Jonathan Silva	121	18	23	11	4	15	0	14	9
Isaiah Hare	110	19	17	7	3	7	0	23	10
Dalton Riches	107	18	10	9	2	9	0	11	10
David Ross	84	15	22	3	1	11	0	2	11
Ray Lofton	73.5	13	18	5	6	9	0	15	4
Brayden Harwood	58	14	28	7	5	6	0	20	3
Chad Closser	53	10	14	4	1	6	0	18	7
Mattsen Putney	27	6	4	2	0	3	0	4	2
JJ Jones	21	4	10	3	2	4	0	5	2
Jonathon Ross	18	3	4	3	2	4	0	2	3
Benjamin Legg	18	3	3	1	0	1	0	0	2
Nick Heintzelman	12	2	5	2	0	2	0	3	2
Ricardo Gbah	0	0	0	0	0	0	0	2	0
James Morse	0	0	1	2	0	0	0	0	0
Totals	2279.5	412	578	214	106	282	3	377	228

Freshmen & Sophomore Season and Career Record

Freshmen	Season Record	Career Record
Isaiah Hare	19-24	19-24
James Morse	0-6	0-6
Brayden Harwood	14-22	14-22
Mattsen Putney	6-8	6-8
Johnathon Ross	3-3	3-3

Sophomores	Season Record	Career Record
Thomas Doran	26-18	43-40
Elijah Geiger	-	3-13
Nick Heintzelman	2-7	10-16
Chad Closser	10-10	12-20
JJ Jones	4-17	4-17
Francisco Granado	-	1-0
Donovan Green	-	2-4
Richard Gbah	0-2	0-2

Junior & Senior Season and Career Record

Juniors	Season Record	Career Record
Tyler Smith	35-19	93-46
Nolan Barker	24-19	63-34
Mitchell Ward	50-8	120-40
Mitchell Hopkins	-	2-3
David Ross	15-7	15-8
Ben Legg	3-2	3-2

Seniors	Season Record	Career Record
Max Walker	-	64-46
Maison Krieger	32-17	116-58
Johnathan Silva	8-11	69-35
Ray Lofton	13-8	42-40
Chase Robinson	38-11	101-56
Josh Smith	38-9	90-50
Damion Ball	-	11-6
Jaycee Frisbie	44-8	113-47
Dalton Riches	18-12	34-25

Category Leaders

Take Down Leader

*Mitchell Ward (84)

Escape Leader

*Mitchell Ward (63)

Near Fall Leader

*Maison Krieger (55)

Reversals Leader

*Maison Krieger (44)

Pins Leader

*Mitchell Ward(27)

Individual Category Leaders

Top 10 single season records

Most Matches Wrestled In A Season

Total	Name	Year
61	Dale Ensign	1988
60	Art Ward	1988
58	Cal Wood	1988
58	Klye Slocum	2004
58	Mitchell Ward	2017
57	Mitchell Ward	2016
56	Dan Greyzck	1986
56	Rob Kuiper	1988
56	Andy Heintzelman	1991
55	Connor Barker	2016
54	Blake Rodarmer	2016

Most Wins In A Season

Total	Name	Year
59	Dale Ensign	1988
56	Kyle Slocum	2004
54	Art Ward	1988
54	Andy Heintzelman	1991
52	Dan Greyzck	1986
50	Mitchell Ward	2017
49	Cassidy Brummel	2008
48	Mike Wissink	1988
48	Rob Kuiper	1988
48	Andy Heintzelman	1990
48	Josh McBride	1998

Pins In A Season

Total	Name	Year
40	Kevin Dausman	1984
39	Dale Ensign	1988
39	Rob Kuiper	1988
39	Andy Heintzelman	1991
38	Art Ward	1988
35	Dan Greyzck	1984
35	Cassidy Brummel	2008
34	Quenton Boroff	1993
31	Mike Wissink	1987
31	Matt Thomas	2006
27	Mitchell Ward	2017

Takedowns In A Season

Total	Name	Year
134	Mark Marhofer	1982
116	Neil McCully	2013
112	Klye Slocum	2004
95	Mike Walker	2015
90	Josh McBride	1997
89	Josh McBride	1998
84	Mitchell Ward	2017
79	Cassidy Brummel	2008
73	Bryan Rowley	1997
73	Jake Wedge	1998
72	Cassidy Brummel	2009
72	Mitchell Ward	2016

Individual Category Leaders

Top 10 single season records

Reversals In a Season

Total	Name	Year
53	Andy Heintzelman	1988
52	Eric Ritenburgh	2005
50	Rich Ring III	2009
50	Maison Krieger	2015
49	Rich Ring III	2008
49	Maison Krieger	2016
44	Rob Kuiper	2009
44	Maison Krieger	2017
43	Cliff Campbell	1993
41	Jess Olmstead	1993
39	Mike Hill	1997
35	Josh Headworth	2008

Escapes in a Season

Total	Name	Year
81	Mitchell Ward	2016
63	Mitchell Ward	2017
53	Michael Walker	2013
50	Mitchell Ward	2015
47	Jason Ellison	1997
45	Jake Wedge	1997
44	Jason Ellison	1996
44	Maison Krieger	2015
40	Neil McCully	2013
38	John Hall	1998
38	Travis Meyer	1999

Near Falls In a Season

Total	Name	Year
81	Dale Ensign	1986
67	Maison Krieger	2015
64	Travis Meyer	2000
59	Nate Cooley	2013
56	Mitchell Ward	2015
55	Travis Meyer	2001
55	Maison Krieger	2017
54	Connor Barker	2016
53	Ben Blasius	2003
51	Maison Krieger	2016

Most Team Points

Total	Name	Year
398	Dale Ensign	1988
350.50	Art Ward	1988
350	Dan Greyzck	1986
332	Mike Wissink	1988
327	Rob Kuiper	1988
276	Mitchell Ward	2017
252	Jesse Scheidel	2015
232	Jaycee Frisbie	2017
227	Blake Rodarmer	2016
209	Jaycee Frisbie	2016

Pins in a Career

Total	Name	Senior Year
*118	Andy Heintzelman	1991
*107	Dan Greyzck	1986
*104	Ed Coles	1982

*State Record

Most State Medals In a Career

Total	Name	Years
3	Andy Heintzelman	1989,90,91
3	Cliff Campbell	1993,94,95

OK Silver All Conference Team

125 Maison Krieger – 2nd Team

130 Thomas Doran – 2nd Team

140 Tyler Smith– 1st Team

145 Johnathon Silva– 1st Team

152 Ray Lofton– 1st Team

160 Chase Robinson– 1st Team

171 Mitchell Ward– 1st Team

189 Josh Smith– 2nd Team

215 Jaycee Frisbie – 1st Team

All Ionia County Team

125 Maison Krieger – 1st Team

140 Tyler Smith– 1st Team

171 Mitchell Ward – 1st Team

189 Josh Smith– 2nd Team

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Wins	Name	Senior Year
186	Dale Ensign	1988
183	Andy Heintzelman	1991
159	Joshua Headworth	2010
152	Mike Wissink	1989
146	Kyle Slocum	2004
143	Daron Ensign	1986
141	Jesse Scheidel	2015
137	Dan Greyzck	1986
137	Josh McBride	1998
136	Art Ward	1989
130	Cassidy Brummel	2009
128	George Smith	1991
128	Luke Hansen	1998
126	Myron Hosey	2011
126	Mike Walker	2015
123	Rob Kuiper	1988
123	Travis Meyer	2001
122	Matt Thomas	2006
121	Ed Coals	1982
121	Cliff Campbell	1995
121	Connor Baker	2009
120	Kevin Dausman	1984
120	Mitchell Ward	2018
118	Greg Feurstein	2001
117	David Heintzelman	1984
116	Nate Cooley	2015
116	Maison Krieger	2017
115	Todd Haller	2013
114	Joe Hullibarger	1995
114	Jaycee Frisbie	2017
113	Jake Wedge	1998
113	Joe Armour	2003
112	Quenton Boroff	1992
111	Blake Rodarmer	2016
110	Jason Cooper	1987
105	Anthony White	2011
104	Neil McCully	2014
101	Chase Robinson	2017
100	Eric Ritenburgh	2005



Mitchell Ward
120



Maison Krieger
116



JayCee Frisbie
114



Chase Robinson
101

State Placers

Place	Name	Weight	Year
3rd	John Chickering	145	1964
3rd	Bob McNinch	98	1965
3rd	David Ross	167	1968
3rd	Phil Heintzelman	145	1969
3rd	Sam Knight	133	1971
4th	John Havey	138	1972
6th	Mike Marhofer	138	1982
6th	Ed Cowles	HWT	1982
5th	Todd Parker	105	1983
3rd	Daron Ensign	98	1984
4th	Todd Parker	105	1984
3rd	Kevin Dausman	185	1984
5th	Dan Greyzck	198	1984
3rd	Daron Ensign	112	1985
2nd	David Heintzelman	167	1985
4th	Dan Greyzck	185	1986
3rd	Dale Ensign	138	1987
1st	Dale Ensign	145	1988
4th	Mike Wissink	130	1989
5th	Andy Heintzelman	140	1989
4th	Art Ward	160	1989
2nd	Andy Heintzelman	140	1990
4th	Andy Heintzelman	145	1991
8th	Clay Harwood	125	1992
7th	Cliff Campbell	103	1993
8th	Quinton Boroff	275	1993
6th	Cliff Campbell	112	1994
1st	Joe Hullibarger	152	1994
6th	Cliff Campbell	119	1995
8th	Jeremy Boyd	189	1996
1st	Josh McBride	145	1997
4th	Josh McBride	160	1998
3rd	Kyle Slocum	112	2003
1st	Kyle Slocum	112	2004
5th	Matt Thomas	215	2005
8th	Ryan Roads	145	2006
6th	Matt Thomas	215	2006
6th	Cassidy Brummel	130	2008
7th	Josh Headworth	130	2009
6th	Cassidy Brummel	140	2009
2nd	Connor Baker	145	2009
4th	Josh Headworth	140	2010
6th	Anthony White	145	2011
3rd	Myron Hosey	215	2011
8th	Zach Johnston	171	2012
4th	Michael Walker	152	2013
7th	Todd Haller	215	2013
7th	Nate Cooley	140	2015
5th	Blake Rodarmer	189	2016
6th	Mitchell Ward	171	2017
6th	JayCee Frisbie	215	2017



Mitchell Ward
171 6th place



JayCee Frisbie
215 6th place

Team Awards

Most Improved 2017

Chad Closser

Most Valuable Player 2017

Mitchell Ward

John Baum Award 2017

Mitchell Ward

Coaching Staff



- **Art Ward**

- -2nd year as Head Coach @ Belding.
- -178-120 Coaching Record (Byron Center 135-92) (Belding 43-28)
- -28th year Coaching Wrestling
- -Conference Championships– 2 (2009 BC)(2017 Belding)
- -Conference Champions – 26
- -District Championships – 4 (BC 2004, 2007, 2009) (Belding 2016)
- -Regional Championships – 2 (BC 2009) (Belding Ast. Coach 2013)
- -State Qualifiers @ Belding- 44 (78 overall) (Byron Center, Kelloggsville)
- -State Placers @ Belding – 18 (36 overall including 2 State Champions)
- -Regional Coach of the year- 2009 (BC)
- -Regional Assistant Coach of year - 2015 (Belding)

- **Ty Lamar**

- -4th year assistant coach at Belding

- **Troy Hudson**

- -1st year assistant coaching at Belding

- **Tim McGee**

- -2nd year assistant coaching at Belding (Logistics Coordinator)

Summer Wrestling

Team Wrestling Camp at St. Ignace

June 18-21th Camp Info @
www.boudrowrestling.com

Cost \$295

Flat River Wrestling (Lowell)

Youth Wrestling Camp

Date To Be Determined

St. IGNACE TEAM CAMP

Individual wrestlers welcome

COST

\$295 per Wrestler

PRICE INCLUDES:

- 3 Nights of Lodging in award winning hotel
- 4 days of training and competition
- All meal (9) at local restaurants
- Camp T-Shirt

TWO CAMPS TO CHOOSE FROM:

Camp 1: June 14-17

Camp 2: June 18-21

DEADLINE

Camp is open to first 300 wrestlers registered.
This includes both teams and individuals. Both camps are
expected to sell out so act fast!

DEPOSITS

TEAM

\$500 deposit due by May 27th for Camp 1
or June 3rd for camp 2

Deposit is non-refundable after registration deadline

INDIVIDUALS

\$750 deposit due by May 27th for Camp 1 or
June 3rd for Camp 2

For more info: 386-255-2073
rboudro@gmail.com

Time	Activity
7:00 AM - 8:30 AM	Breakfast
8:30 AM - 10:30 AM	Drill Work
10:30 AM - 11:30 AM	Lunch
12:30 PM - 1:30 PM	Drill Session
2:00 PM - 3:30 PM	Dual Meets and Freestyle Matches
3:00 PM - 4:30 PM	Dinner
4:30 PM - 6:00 PM	Technique Session
7:00 PM - 11:00 PM	Open Time
11:00 PM	Lights Out/Sleep Checks

Time	Activity
Day 2	
7:00 AM - 8:30 AM	Breakfast
8:30 AM - 10:30 AM	Drill Work
10:30 AM - 11:30 AM	Lunch
12:30 PM - 1:30 PM	Drill Session
2:00 PM - 3:30 PM	Dual Meets and Freestyle Matches
3:00 PM - 4:30 PM	Dinner
4:30 PM - 6:00 PM	Technique Session
7:00 PM - 11:00 PM	Open Time
11:00 PM	Lights Out/Sleep Checks

Day 3

Day 4

Boudro Wrestling Typical Camp Schedule

8th Annual Team Camps

*Individual Wrestlers Welcome

June 14-17, 18-21

Grades 7-12

"Come see what everyone is talking about!"

BW



Over 25 clinicians at each camp including

- 3 NCAA Champions
- 15 All-Americans
- College Coaches
- Current College Athletes
- 1:1 Wrestler to Clinician Ratio!
- Come workout with some of the best our sport has to offer!

FORMAT

Technique Sessions Wrestlers will go through a

minimum of 14 hours of instruction and technique

Dual Meets Each wrestler will compete in a

minimum of 8 matches. Individual wrestlers

will be put on other team or form their own.

Teams Dual meet team will be formed after registration.

Coches will have full control of where their wrestlers are placed.

Drill Sessions Wrestlers will learn the art of drilling. They

will spend time each day learning to drill what they have learned during their technique sessions.

Strength and Conditioning Wrestlers and coaches will

learn weightlifting-specific strength and conditioning practices.

Camp Schedule Go to www.boudrowrestling.com to see a typical camp schedule.

Motivational Speaker Last year we heard from Lowell High School Head Football Coach Noel Dean, and George Nelson University Head Coach Russell.

WRESTLING FACILITIES

Wrestlers will spend most of their time at Little

Bear East Arena which has 18,000 sq. ft. of competition space with clean locker rooms, hot showers, and bathrooms.

LOGGING

Wrestlers will stay in the award winning Budget Host Inn and other hotels located within walking

distance of arena. Included in price of camp!

Teams will room together and coaches will be in charge of room assignments. Room requests will be taken for individual wrestlers.

© *Note placement will be determined by what deposits are received first*

Hotel Includes:

- Indoor Pool & Spa
- Washer & Dryer for washing workout gear!
- Microwave and refrigerators in rooms
- High Speed Wireless Internet

- Breakfast Room
- For more info: www.boudrowrestling.com



REGISTRATION

TEAM

Coaches are responsible for registering their team.

Coaches will register all wrestlers as a group. Please do not have your wrestler register individually if you are bringing a team.

\$500 deposit due by May 27 for Camp 1 and June 3rd for Camp 2

Team Balance due before the first session of camp. Please keep the number of checks to a minimum if check payment is preferred.

Deposit is subtracted from balance.

FOOD

Wrestlers eat at local restaurants at no extra cost.

Restaurants include:

BC Pizza Buffet

Driftwood Restaurant & Sports Bar

Hot Breakfast served at Hotel

Jose's Cantina

Fred's Pub

GEAR

Wrestling Addix Will be on site at camp to sell Boudro Wrestling gear as well as other items, such as

fight shorts, singlets, dry fits, etc...

Register online at:

www.boudrowrestling.com

Make checks payable to: Boudro Wrestling

June 3rd for Camp 2

Deposit is subtracted from balance.

Balance due before the first session of camp.

INSTRUCTIONS

(Boys and Girls)

Send all inquiries and questions to:
rboudro@gmail.com

1ST DAY OF CAMP

Registration/Check-ins are at:

Little Bear Ice Arena,

275 Marquette St., St. Ignace, MI

Registration Time: 10am-1pm

First Session: 2pm

LAST DAY OF CAMP

There is a tournament on the final day and this will end at approximately 2:00 pm. Wrestlers are free to go after the tournament.



FRWC

FLAT RIVER WRESTLING CLUB

Spring & Summer Training

Where: 14043 Fulton St. E, Lowell, MI 49331

When: Mondays and Wednesdays

Time: 6:00 pm – 7:30 pm

Dates: Monday Apr. 10th- Jul. 19th 2017

Ages: Entering 7th- 12th Grade

**No Practice on Memorial Day &
During July 2nd-8th dead period**

Cost:

- \$200.00 / wrestler for all dates
- \$125.00/ Wrestler for programs bringing 7 or more kids- Email: flatriver@gmail.com
- Per Practice Fee is \$15.00

Coaches: John Kargbo, R.J. Boudro, Matt Bishop, Dave Dean, Nate Spieth, Luke Jones, Nick Proctor, Bebelo Yewah, and Chris Ebrom

Club Mission: Our mission is to assist athletes physically and mentally to reach their goals as a wrestler and athlete. The Flat River Training Club will provide wrestlers the opportunity to train year round with top competition and coaching. Staff members will stress work ethic, leadership, character and will help wrestlers learn technique and mental toughness at the next level.

Format: All practices will focus on proper warm up, technique, intense drilling, live wrestling, and conditioning.

Registration: Walk-Up Registration: Monday April 10th. Registration begins at 5:30 p.m.
However spots are reserved to the first 50 wrestlers who register in each time slot.

Flat River

National Team: If you are interested in taking your wrestling to the next level you must compete!
Flat River will be forming a national travel team to attend events throughout the summer.
To learn more visit www.flatriverwrestling.com

Private Training

Flat River members will have the opportunity to take part in specialized private technique sessions. These sessions are a great way to supplement your training! Visit www.flatriverwrestling.com for more information.

Wrestler Name: _____

Contact Name: _____

Email: _____

Phone: _____

For more information Contact

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John Kargbo: Phone: 517-410-6264 – Email: flatriverwc@gmail.com