

MAT-TIME WRESTLING SCHOOL

79 South Main Street, Lodi, New Jersey Phone 551-486-7760



May Wrestling Clinic Series

Foot Sweep Series - Saturday May 1st 3:30pm - 5:30pm

Instructed by Coach Brian Long

3X Regional Finalist

3X NJ State Qualifier for Elmwood Park H.S.

Assistant to Coach Nick DiDomenico at Lodi H.S. who produced numerous State Place Winners and State Champions from 2001-2008. Sensei Long is a 6th degree black belt who owns and operates The Bob Long School of Self Defense in Lodi, New Jersey.

Arm Bar Series - Saturday May 8th 3:30pm - 5:30pm

Instructed by Coach Jerry Rinaldi

3X NJ State Place Winner for Lodi H.S.

2003 189-lb. NJ State Champion Career Record: 126 - 5

Voted Most Outstanding Wrestler 2003 NJ State Wrestling Tournament

Collegiate 4X Division I Qualifier for Cornell University

2X All American Broke the century mark for career victories

Basic Pinning Combination Series - Saturday May 15th 3:30pm - 5:30pm

Instructed by Coach Frank Torres

Owner / Operator of MAT-TIME Wrestling School

Offensive Leg Series - Saturday May 22nd 3:30pm - 5:30pm

Instructed by Coach Daryl Cocozzo

4X NJ State Qualifier for River Dell H.S.

2X NJ State Place Winner (Finalist 2006) Career Record 140-16

Collegiate Division I Qualifier for Edinboro College

Currently wrestling for Rutgers University

Cost: \$30.00 per clinic. Sessions will be held on four consecutive Saturdays. (limited space available)

Location: MAT-TIME Wrestling School, 79 South Main Street, Lodi, NJ

Please contact Frank Torres for registration @ 551-486-7760 or e-mail Lnirchio@hotmail.com

**** All wrestlers must have a current USA Wrestling card ****