

PRO-EX WRESTLING

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

Where: MAXUM BJJ Bohemia

4495 Sunrise Highway Bohemia

When: Tuesday & Thursday 7:45 PM – 9:15 PM

Sunday 10:30AM – 12:30 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

PRO-EX KIDS WRESTLING

WRESTLING CLUB FOR WRESTLERS IN 1ST - 6TH GRADE
WHEN: SUNDAYS 12:00PM - 1:30PM
COST: \$50 MONTHLY

We will be covering all aspects of wrestling, including but not limited to: takedowns, escapes, reversals, tilts, cradles and some throws.

Wrestling classes will be instructed in a non pressure and enjoyable atmosphere while still maintaining a competitive attitude toward not only the wrestling room but behavior and expectations off the mat as well.

Classes will be run by ProEx Head Coach Izzy Medina a former Head Coach at SUNY Maritime and current Head Coach at West Babylon HS as well as Coaches John Kokolakis and Jeff Browne current ProEx and Connetquot Youth Coaches.

REGISTRATION

Any Sunday at our facility:

Maxum BJJ

4495 Sunrise Highway

Bohemia NY 11716

**** Walk ins welcome at a rate of \$15 per session ****

Any questions please contact:

Izzy Medina

(516) 697-5564

proexwrestling@yahoo.com