

Lancaster Alliance Wrestling



WINTER PRACTICE SESSION

- Our goal for winter session to support local teams by providing supplemental wrestling practices as well as competition opportunities for advanced level wrestlers.
- We are searching the few kids in your program who may need or want tougher work out partners, more practice or competition opportunities.
- The Winter Session for LAW will be held at the Franklin & Marshall Wrestling Room.
- Dates/Times~ MONDAY nights from 6:30-8pm November 15th – February 28th (no practice on December 27th)
- USA Cards are required and available at practice at a discounted rate of \$35. Fee's run \$7 per practice or \$85(\$20 savings on 15 practices) for the entire session.

OUR COACHES

- Coach Mike Rogers: As a 3X NCAA championships qualifier, Rogers earned the 1996 Gorrarian Award, recording the most pins in the least amount of time at nationals and earning the All-American status during his last two seasons. Coach Rogers has been the head coach for the Pennsylvania Junior Freestyle team for six years, assistant coach for Lock Haven University for seven years, and was named 'District 6 AAA Coach of the Year' while head coach at Central Mountain High School. Current Head Coach at FnM.
- Coach Matt Greenberg: Was a 4X Eastern Intercollegiate Wrestling Association (EIWA) place-winner. Coach Greenberg has served as the head coach for The Club Wrestling School in Park Ridge, N.J. and The Ultimate Wrestling School in Elmwood Park, N.J. He has also been an assistant at Northern Highlands Regional High School in Allendale, N.J. and at Cornell University. Current Asst, At FnM.
- Will Betancourt: Manheim Central
- Wink Charles: Solanco
- Joe Finkey: Garden Spot
- Kevin Franklin: Lampeter-Strasberg
- Denny Boring: Warwick
- Mark Grossman: Manheim Township
- Shawn McClune: Conestoga Valley
- Quint Eno: E-Town College

LAW LINKS

Website: www.thelawrestling.com

Facebook: <http://www.facebook.com/group.php?gid=119484098067293&ref=ts>

Please email me at coachwillb@gmail.com or call me at 717-615-3601 with any questions you may have. Thank You, Will