

WOLVERINE WRESTLING CLUB LLC.

Mission

The Wolverine Wrestling Club is for serious wrestlers who are committed to becoming state and national champions. There are no guarantees in life ... Hard work and commitment does not guarantee results. It provides us the opportunity to perform at optimal levels. We guarantee you will not succeed without them.

This is not just an open room. There is no wrestling club in the state of Michigan offering such a comprehensive and competitive training program. This program has been developed to work with individuals, teams, clubs and high school programs. The Wolverine Wrestling Club is committed to five key areas of development: Technique, Positioning, Hand Fighting, Mental & Physical Toughness and Competitive Strategy all while promoting sportsmanship, leadership, character development.

Sessions

1) **Pre-Season** is geared toward physical conditioning and technique development, repetitive drilling, competitive wrestling and physical conditioning with the goal to hit your stride by the start of the the high school season. The pre-season session will run Sept. 8 to Nov. 14, every Sunday and Tuesday evening from 6-7:30 p.m. in the Michigan wrestling room at Crisler Arena.

2) **In Season** is geared toward intense drilling, positioning and competitive wrestling. We offer one session a week to work in conjunction with your high school coach and program and will offer an optional second workout that will be handled on an individual basis only.

3) **Spring/Summer Training** is geared toward freestyle, Greco-Roman and folkstyle technique and training. The goal is to implement and develop current technique and strategies that will prepare wrestlers to compete in national competitions, including all regional, Cadet and Junior National Championships!

Staff

One-on-one training allows an individual to train and develop critical mental and physical toughness while being mentored by the best coaching staff in the state of Michigan. Every member of our coaching staff is a high school state champion and NCAA All-American.

- Mike Kulczycki -- M Assistant Coach
- Andy Hrovat -- 2006 US World Freestyle Team Member, M Staff
- Ryan Churella -- Former M wrestler
- Greg Wagner -- Former M wrestler
- Joe McFarland -- M Head Coach
- Jim Mason -- Former MSU wrestler & W.W.C director
- Plus additional M wrestlers and former M wrestlers
- Complete coaching staff bios available on our website

Contact Information

Mike Kulczycki - 734.615.3702 • mkulczyc@umich.edu

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Joe McFarland - 734.647.1223 • joemcfar@umich.edu

W.W.C. 2006 Fall Clinics

Wolverines Wrestling Club fall clinics will be open to all interested wrestlers. Clinics will be held 6-8 p.m. in the Michigan Wrestling room at Crisler Arena.

Dates

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| Sept. 28 | Tough on Top w/ Ryan Churella |
| Oct. 26 | Big Man Clinic w/ Greg Wagner |
| Nov. 21 | Leg Attack Series w/ M captains Josh Churella & Eric Tannenbaum |

For more information, please visit our website at www.wolverinewrestlingclub.com

