

# **BUILDING PITTSFORD'S YOUTH WRESTLING CULTURE**

**BY: ADAM BUCKHOLTZ & PITTSFORD  
COACHING STAFF**

**Welcome to Pittsford Wrestling!** We are here to support and motivate you on your journey into wrestling. Wrestling culture embodies several important character-building values, such as discipline, leadership, teamwork, cognitive aggressiveness, grind, sacrifice, pride, humility, and endurance. These values will guide your child towards success both on and off the mat.

To start practice, it is important to warm up and condition the body. This will help build strength and endurance. Incorporate running, tumbling, and wrestling skills like stalking, shooting, knee sliding, and sprawling into a warm-up routine. Additionally, strength training exercises like push-ups, sit-ups, pull-ups, and burpees will help develop the physical strength needed for wrestling.

During practice, focus on mastering the three vital positions on the mat: neutral, top, and bottom. These positions are crucial for your success as a wrestler. Work on your stance and motion, penetration step, sprawling, and jumping and rolling. Additionally, practice mat burns (suicides) to improve your agility and speed.

To assess progress, we will have a four-station combine assessment. This will evaluate skills in attacking from the neutral position, breaking down an opponent from the top position, standing up from the bottom position, and testing strength and through squat and press exercises with a slam ball.

Remember, teamwork is essential in wrestling. Look to your left and right, these are your teammates on and off the mat. Push and challenge each other, but always with respect and honor. As a team, we will hold each other accountable for our actions and conduct.

By the end of the season, you will be well on your way to embodying the ten values of wrestling culture. This is the Panther Den, where heroes and legends are born. Together, we will move forward as one team. Keep up the great work and remember that your effort and dedication will lead you to success in wrestling and in life.

HERE's a good Youtube video for first time wrestlers and parents.

## **Pittsford Panther Youth Wrestling Parents, What You Should Expect**

We coaches would like to take a few moments and welcome parents, athletes and families to our Pittsford wrestling family. Periodically we will be sending out information to help all ease into this amazing sport. We will try to keep these as short as possible with all the information you will need for practice, competitions and tournaments.

Again we would like to reiterate some rules for our wrestling room and general wrestling etiquette:

-We will encourage all wrestlers to wear wrestling shoes (we do have a large selection of donated wrestling shoes from past seasons, this is first come first serve and will be yours for the season or seasons if you need. We do ask if your wrestler grows out of them to donate them back to the club). If you are a new wrestler, sneakers are fine for now, but please try to make sure they are free from mud or debris. We fully understand that your child may be "trying" this sport out and it may not be for them, please do not feel the need to make a financial commitment to new shoes unless you know your child is committed.

-We ask that street shoes never be worn on the mat if possible.

-The bathrooms off the wrestling rooms are actually the varsity locker rooms.

All youth wrestlers must be accompanied by a parent if the bathroom is needed. Please remove your shoes to cross the mat and put them back on once inside the locker room. Remove them again before exiting the locker room to cross the mat.

-All workout equipment is off limits to youth wrestler (bikes and climbing ladders)

-Please no buttons or zippers on wrestling clothing. Shorts and T shirts are best, some choose to wear sweat pants or joggers (less pockets are better). Hoodies are typically not a good idea for safety.

-If there is disruptive behavior the wrestler or wrestlers will be asked to sit for 5 minutes to cool down. Three "timeouts" will result in the wrestler/s being asked to sit for the entire practice (it has never happened since the program has started).

-After practice, hand washing before eating and showers as soon as possible are a mandatory part of practice. Skin infections are a real part of wrestling and for the most part can be avoided with proper care. If your child does contract a skin irritant (ringworm, staph, or impetigo to name a few) please notify the coaching staff immediately. Most can be cured by over the counter medications, but please notify your Childs physician. Your child will be able to attend practice but not participate until cleared up (they will be able to learn a lot from watching).

-Please report any injury to the coaching staff weather it happened at practice or elsewhere as we can work around most injuries and still learn. All injuries in practice must be reported for insurance purposes.

Competitions, challenge matches, tournaments and clubs are a huge part of wrestling and we encourage you and your wrestler to get involved as much or as little as you see fit. The Pittsford Youth Team competes in the GRYWL (Greater Rochester Youth Wrestling League). Coaches will be trying to fill in weight classes in the near future. Many that come to wrestling practice may choose not to compete and that is more than ok and normal for new

wrestlers. Please inform the coaches as soon as possible if your choose to simply learn and not compete. If there are more than one wrestler in a given weight class and they all wish to compete challenge matches may be set up to see who will get the spot. Regardless of the outcome of the challenge match we will do all that we can to set up exhibition matches for all wrestlers that wish to compete at the GRYWL competitions (also known as DUELS).

**Tournaments** are a great way for wrestlers to get extra "mat time" and are highly encouraged. Most youth tournaments will accommodate children as young as 4 and a wide range of experience. Your wrestler literally can wrestle every weekend if you are willing to travel a bit. The websites [matburn.com](http://matburn.com) and [armdrag.com](http://armdrag.com) are really the only source you need to find a tournament.

A word of caution about tournaments: They are loud, long (plan on a full and I mean full day) and often times confusing. Plan on bringing cash, sports chairs, phone chargers and snacks (food is typically available but never on the healthy side).

That all being said it is a great way to experience all levels of abilities and make some really great connections in the sport and at the end of the day it really is fun.

Clubs are a great fill in for wrestlers that want a bit more individual attention then we can offer as a team and are a great gateway to the tournament circuit. The Rochester area has some outstanding clubs and we would be happy to recommend one if your wrestler is interested. Some clubs like PWC (Pittsford Wrestling Club which only meets in the offseason) and APEX train out of our Sutherland wrestling room.

Finally (at least for this email) the coaching staff would like to invite any and all parents to take the mats and help teach. Wrestling experience is NOT required, as we will run the lesson plans. It is a great way to gain some parent/child bond time and we could always use a few extra eyes and ears to help us keep practice safe and fun for all. Younger siblings are always welcome as we can always find a corner for play wrestling or tumbling (shower rule applies to them too). If there are any children with special needs, whether it physical, behavioral or emotional please discretely bring it to the coaches attention and we will work together to set a plan to accommodate.

We would like to thank you for the opportunity to teach wrestling to your child and please know that we do not take this responsibility lightly. If you or your wrestler has any question at all please do not hesitate to ask. If we do not have an answer on the spot we will do everything in our power to find out in a timely manor and get back to you.

Thank you again,

Pittsford Wrestling  
Youth Coaching Staff  
One Team!



## **Wrestling Combine Assessment**

A combine test for wrestlers that assesses top, bottom, and neutral positions:

### **1. Neutral Position Break Assessment:**

- Measure the wrestler's ability to break their opponent's grip and gain control in the neutral position.
- Set up a scenario where the wrestler starts in a neutral position with their opponent gripping their wrists.
- Measure the time it takes for the wrestler to break the grip and gain control by either executing a takedown or gaining hand control.
- Repeat the assessment multiple times and record the average time taken to break the grip.

### **2. Top Position Break Assessment:**

- Measure the wrestler's ability to break their opponent's control and escape from the bottom position.
- Set up a scenario where the wrestler starts in the bottom position with their opponent applying top control (e.g., riding legs, crossface, or tight waist).
- Measure the time it takes for the wrestler to break the opponent's control and escape to a neutral or advantageous position.
- Repeat the assessment multiple times and record the average time taken to escape.

### **3. Bottom Position Break Assessment:**

- Measure the wrestler's ability to break their opponent's control and reverse the position from the bottom.
  - Set up a scenario where the wrestler starts in the bottom position with their opponent applying top control (e.g., riding legs, crossface, or tight waist).
- Measure the time it takes for the wrestler to break the opponent's control, reverse the position, and gain control from the top.

- Repeat the assessment multiple times and record the average time taken to reverse the position.

#### 4. Takedown Accuracy Assessment:

- Measure the wrestler's accuracy in executing takedowns from the neutral position.
- Set up a scenario where the wrestler starts in a neutral position and attempts to execute takedowns on a resisting opponent.
- Measure the number of successful takedowns out of a predetermined number of attempts (e.g., 10 takedown attempts).
- Record the percentage of successful takedowns as a measure of accuracy.

#### 5. Escapes and Reversals Assessment:

- Measure the wrestler's ability to escape and reverse from the bottom position.
- Set up a scenario where the wrestler starts in the bottom position with their opponent applying top control.
- Measure the number of successful escapes and reversals out of a predetermined number of attempts (e.g., 10 escape/reversal attempts).
- Record the percentage of successful escapes and reversals as a measure of proficiency.

These combine tests provide measurable assessments of a wrestler's abilities in top, bottom, and neutral positions. The results can be used to identify areas of strength and areas that need improvement, allowing for targeted training and development.



## **White Team ( Beginners)**

Here are eight to ten basic wrestling movements that beginning wrestlers should be able to execute in neutral, top, and bottom positions. Add spin behind for scoring. Maybe remove single leg.

### Neutral Position:

1. Stance: Teach wrestlers the proper wrestling stance, emphasizing a low center of gravity, balanced weight distribution, and head up.
2. Level Change: Teach wrestlers to quickly and explosively change levels by bending their knees and hips, allowing for effective takedowns and defense.
3. Penetration Step: Teach wrestlers the forward step used to close the distance and execute takedowns, emphasizing driving off the back leg and stepping forward with the lead leg.
4. Double Leg Takedown: Teach wrestlers to execute a double leg takedown by stepping forward with both legs, driving through the opponent's hips, and lifting to finish the takedown.
5. Sprawl:
  - Teach wrestlers how to perform a sprawl, which is a defensive technique used to avoid being taken down.
  - Emphasize the need to quickly drop the hips and extend the legs backward when an opponent attempts a takedown.
6. Front Headlock:
  - Teach wrestlers how to secure a front headlock, which is a common position used to control an opponent and set up scoring opportunities.
  - Emphasize the importance of maintaining a strong grip on the opponent's head, controlling their posture, and transitioning to various attacks or defensive moves.

### Top Position:

7. Breakdown: Teach wrestlers how to break down their opponent from the top position, emphasizing controlling the wrists, applying pressure, and using techniques like the spiral ride or crossface.

8. Half Nelson: Teach wrestlers to secure a half nelson, a pinning technique used to control the opponent on their back, by gripping the opponent's arm, driving the shoulder into their back, and applying pressure to turn them onto their back.
9. Power Half: Teach wrestlers to execute a power half, another pinning technique, by securing a deep grip on the opponent's arm, driving the shoulder into their back, and using leverage to turn them onto their back.

#### Bottom Position:

10. Stand-up: Teach wrestlers how to perform a stand-up from the bottom position, emphasizing explosiveness, driving the hips forward, and using hand control to break the opponent's grip.

These basic wrestling movements cover a range of techniques in neutral, top, and bottom positions. It's important for beginning wrestlers to practice these movements with proper technique, repetition, and gradually increase the intensity and complexity of drills and live wrestling situations.

#### **Grey Team (intermediate)**

This program is designed for intermediate wrestlers, with some techniques that may be suitable for beginners as well. Here's a breakdown of the techniques:

1. High-Crotch: This is a high intermediate technique. It involves shooting in on your opponent's lead leg and lifting them off the ground for a takedown.
2. Fireman's Carry: This technique involves getting under your opponent, lifting them onto your shoulders, and then throwing them over your head to the mat.
3. Arm Drag: This is a move where you pull your opponent's arm across their body to create an opening for a takedown.
4. Ankle Pick Takedown: This involves grabbing your opponent's ankle and pulling it out from under them to take them down.

5. Snap Down: This could be a beginner or intermediate technique. It involves pulling your opponent's head down to break their posture and set up a takedown.
6. Slide By: This is a move where you use your opponent's momentum against them to slide past and take their back.
7. Turk: This is a pinning technique where you hook your opponent's leg to control their body.
8. Bar Arm: This is a control technique where you use your arm to bar your opponent's arm across their body.
9. Granby Roll: This is a defensive move where you roll to escape from your opponent's control.
10. Peterson Roll: This could be a beginner or low intermediate technique. It's a roll that can be used to reverse your opponent and end up on top.
11. Switch: This could be a beginner or intermediate technique. It's a move used to reverse your opponent when you're on the bottom.
12. Hip Heist: This is a move where you use your hips to create space and escape from your opponent's control.
13. High Bridge: This could be a beginner technique. It's a move where you bridge high on your neck and shoulders to create space and escape from a pin.
14. Stand Up: This could be a beginner technique. It's a basic escape move where you stand up from the bottom position.
15. Knee Slide: This is a move where you slide your knee to create space and escape from your opponent's control.
16. Hip Toss: This is a throw where you use your hip as a fulcrum to toss your opponent over you.
17. Head and Arm Throw: This is a throw where you use your opponent's head and arm to throw them over your shoulder.
18. Body Lock: This is a control technique where you lock your arms around your opponent's body.

### **Blue Team (Advanced)**

This program is designed for advanced wrestlers, with techniques that require a higher level of skill and understanding of wrestling. Here's a breakdown of the techniques:

1. Russian Tie: This is a control technique where you grip your opponent's arm in a specific way to limit their movement and set up attacks.
2. Arm Spin: This is a throw where you use your opponent's arm to spin them over your body and onto the mat.
3. Spiral Ride: This is a top position technique where you use a spiral pressure to break down your opponent's base and control them.
4. Tilts: These are a series of moves from the top position where you tilt your opponent's body to expose their back to the mat for near fall points.
5. Claw Ride: This is a top position technique where you use a claw-like grip to control your opponent and break down their base.
6. High Half/Half Nelson Roll: This is a pinning combination where you use a half nelson grip and a roll to turn your opponent onto their back.
7. Leg Ride: This is a top position technique where you use your legs to control your opponent's lower body.
8. Cross Body Ride: This is a top position technique where you use your body across your opponent's body to control them.
9. Underhook Series: This is a series of moves that start with an underhook, including a snap down, throw, single leg takedown, and high-crotch takedown.
10. Underhook Fireman's Carry: This should actually be an overhook technique, not an underhook. It's a throw where you use an overhook to lift your opponent onto your shoulders

## **Minute by minute outline**

*(Demo on all 3 position)*

*must be done at the start of every practice. Affirmed or corrected*

Here's is a minute-by-minute breakdown of a 90-minute practice for each of the 6 days, with a progressive focus on fundamentals:

Day 1:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, jumping jacks, and bodyweight exercises like push-ups and squats.
- Technique Drilling (20 minutes): Focus on basic stance, footwork, and hand fighting techniques.
- Live Drilling (20 minutes): Partner drills to practice takedowns and escapes.
- Technique Instruction (25 minutes): Introduction to basic takedown techniques like single leg and double leg.
- Live Wrestling (20 minutes): Controlled live wrestling to apply the learned techniques.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

Day 2:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, high knees, and core exercises like planks and Russian twists.
- Technique Drilling (20 minutes): Review and reinforce basic stance, footwork, and hand fighting techniques.
- Live Drilling (20 minutes): Partner drills to practice takedowns and escapes with increased intensity.
- Technique Instruction (25 minutes): Building on the previous day, introduce basic pinning techniques like half nelson and cradle.
- Live Wrestling (20 minutes): Controlled live wrestling with an emphasis on applying takedowns and pinning techniques.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

### Day 3:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, jumping lunges, and agility ladder drills.
- Technique Drilling (20 minutes): Focus on refining stance, footwork, and hand fighting techniques.
- Live Drilling (20 minutes): Partner drills to practice takedowns, escapes, and transitions between positions.
- Technique Instruction (25 minutes): Introduce basic bottom position techniques like stand-ups and switches.
- Live Wrestling (20 minutes): Controlled live wrestling with an emphasis on applying takedowns, escapes, and transitions.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

### Day 4:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, burpees, and medicine ball exercises.
- Technique Drilling (20 minutes): Review and reinforce stance, footwork, and hand fighting techniques with increased intensity.
- Live Drilling (20 minutes): Partner drills to practice takedowns, escapes, and transitions with increased resistance.
- Technique Instruction (25 minutes): Building on the previous day, introduce basic top position techniques like tilts and breakdowns.
- Live Wrestling (20 minutes): Controlled live wrestling with an emphasis on applying takedowns, escapes, transitions, and top position techniques.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

### Day 5:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, mountain climbers, and agility cone drills.
- Technique Drilling (20 minutes): Focus on refining stance, footwork, and hand fighting techniques with increased speed and precision.

- Live Drilling (20 minutes): Partner drills to practice takedowns, escapes, and transitions with increased speed and resistance.
- Technique Instruction (25 minutes): Introduce basic defensive techniques like sprawls and front headlock defense.
- Live Wrestling (20 minutes): Controlled live wrestling with an emphasis on applying takedowns, escapes, transitions, top position techniques, and defensive techniques.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

#### Day 6:

- Warm-up and Conditioning (15 minutes): Dynamic stretching, jogging, high-intensity interval training exercises, and agility ladder drills.
- Technique Drilling (20 minutes): Review and reinforce stance, footwork, and hand fighting techniques with high intensity and precision.
- Live Drilling (20 minutes): Partner drills to practice takedowns, escapes, and transitions with high intensity and resistance.
- Technique Instruction (25 minutes): Building on the previous days, introduce more advanced techniques like ankle picks and fireman's carry.
- Live Wrestling (20 minutes): Controlled live wrestling with an emphasis on applying takedowns, escapes, transitions, top position techniques, defensive techniques, and more advanced techniques.
- Game or Cool Down (10 minutes): Fun game or light stretching to end the practice.

Remember to adjust the duration and intensity of each segment based on the age and skill level of the wrestlers, and always prioritize safety and proper technique..

## **Conditioning : Chris Sekula**

Open with warm up

- 1.) Conditioning – running and tumbling working in wrestling skills ex stalk-stalk-shoot down the mat or knee sliding down the mat or sprawling and sliding down the mat.
- 2.) Strength Training – Typically done with stations ex. Push up station, sit up station, pull up station, burpees station etc.
- 3.) Conditioning Warm Up 16-20min.

Push ups/flutter kicks/Burpees/knee up jumps -1min each)

4 Sets Each -

1. Stance and motion stalking
2. Penetration step suck in with arms
3. Sprawl
4. Jump and roll
5. Mat Burns (suicides)
6. Sekula Surprise





## **Donation and Sponsorship for Pittsford Youth Wrestling Program**

### Individual or Family Donations:

#### 1. Wrestler Donation (Individual): \$200

- This donation will directly support an individual wrestler in the program.

#### 2. Tournament Donation (Team): \$350

- This donation will help cover the expenses of the entire team participating in tournaments.

#### 3. Camp Wrestler Donation (Team): \$500

- This donation will contribute towards sending the team to wrestling camps for skill development and training.

### Group or Corporate Donations & Sponsorships:

#### 1. Team Donation (Year Display): \$800

- This donation will provide the donor with a year-long display of their name or business logo at our events and matches.

#### 2. Legacy Donation (2 year Display): \$1500

- This donation will grant the donor a prominent display of their name or business logo for four years at our events and matches.

#### 3. Gold Medal Donation (4 year Display): \$2000

- This donation will offer the donor the highest level of recognition with a seven-year display of their name or business logo at our events and matches.

### Benefits for Donors and Sponsors:

- Name or business logo displayed on our team banner at all events and matches.

- Recognition as a supporter of the Pittsford NY Youth Wrestling Program.

- Positive exposure to the local community and potential customers.
- The satisfaction of contributing to a purely nonprofit organization dedicated to the development of young wrestlers.

Please note that all donations and sponsorships are tax-deductible as we are a nonprofit organization. Your support will directly impact the growth and success of our youth wrestlers. Thank you for considering our program for your donation or sponsorship.

Sincerely,  
Pittsford Wrestling Club  
Donations can be sent by Venmo  
@pittsfordwrestling  
Place level sponsorship(PWC)  
Or check made out to  
Pittsford Wrestling Club(PWC)  
Send to: 88 Golfside Pk.  
Rochester, NY.14610



Head Coach - Adam Buckholtz  
Head of Instruction - Steve Sawall  
Assist. Coach Of Instruction - Cam Kelly  
Asst. Coach/Communication - Hadi Satarri  
Asst. Coach/Conditioning - Chris Sekula  
Asst. Coach/ Doc - Clayton Green  
Asst. Coach/ Doc- GRYWL Advisor Justin Lynn

#### **Volunteer Mat Dads**

John Zajac  
Michael Reighn  
Mitchell Stone  
Patrick Gallo  
Anwar Upal - Website Administrator  
Mike Harper  
Mike Roussell - clock management home

#### **Volunteer Mat Moms**

Shannon Reighn Communication Director  
Rachana Gallo Youth Treasure  
Mary Zajac Calendar Coordinator  
Apparel Coordinator ?  
Events Planner ?  
Tournament Coordinator

## **Pittsford Youth Wrestling Code Of Conduct**

Pittsford's Code of Conduct for our youth wrestling program is of utmost importance to us, as we deeply value the well-being and growth of our student athletes and the supporting parents. Our primary focus lies in fostering academic excellence, promoting positive partnerships, maintaining respectful language, combating bullying both in person and on social media, encouraging good sportsmanship as spectators and athletes alike.

We firmly believe that in this journey, victory is not the only measure of success. We understand that every experience, whether triumphant or challenging, presents an opportunity for learning and personal development. Therefore, we approach every situation with humility and a willingness to grow.

Both the student athlete and their parent or guardian are required to read and sign this Code of Conduct, demonstrating their commitment to upholding these principles.

Student:\_\_\_\_\_

Parent:\_\_\_\_\_

## **Volunteer List And Description**

1. **\*\*Tournament Parents\*\***: Assign a group of parents who will be responsible for overseeing the tournaments. They can help with setting up, ensuring rules are followed, and resolving any issues that may arise.

2. **\*\*Scoreboard Supervisors\*\***: These volunteers will manage the scoreboard during matches. They need to be attentive and quick to update scores accurately.

3. **\*\*Carpooling Coordinators\*\***: This team will organize transportation for the wrestlers to and from events. They can create a schedule and coordinate with parents to ensure everyone has a ride.

4. **\*\*Duel Match Supervisors\*\***: These volunteers will oversee the duel matches, ensuring fair play and safety.

5. **\*\*Snacks and Refreshments Team\*\***: This group will handle the provision of snacks and refreshments during events. They can coordinate with parents to bring different items.

6. **\*\*Uniforms and Gear Team\*\***: This team will be in charge of ordering, distributing, and maintaining uniforms and gear.

7. **\*\*Fundraising Team\*\***: This group will plan and execute fundraising events to support the program. They can brainstorm creative fundraising ideas and organize the events.

8. **\*\*Team Building Coordinators\*\***: These volunteers will plan and facilitate team building activities to foster camaraderie and team spirit among the wrestlers.

9. **\*\*Email Coordinator\*\***: This person will manage all email communications, sending out updates and important information to parents and volunteers.

10. **\*\*Calendar Coordinator\*\***: This volunteer will manage the program's calendar, scheduling matches, practices, and other events.

Absolutely, these roles are crucial in today's digital age.

11. **\*\*Social Media Coordinator\*\***: This volunteer will manage the program's social media accounts. They'll post updates, share photos and videos, and engage with the online community to promote the program.

12. **\*\*Photo and Video Volunteer\*\***: This person will capture photos and videos during practices, matches, and events. These visuals can be used for social media, the website, and other promotional materials.

13. **\*\*Website Manager\*\***: This volunteer will maintain the program's website. They'll update information, post news and updates, and ensure the site is user-friendly and up-to-date.

These roles not only help in promoting the program and keeping everyone informed, but also in creating a digital archive of memories for everyone involved.

Remember, the key to a successful volunteer program is clear communication and appreciation. Regularly update your volunteers, provide them with the resources they need, and always thank them for their time and

# GRYWL Coaches' Contacts 22-23

Team	Coach	eMail	Phone
CUP			
Alexander	Kyle King	<a href="mailto:Kyle.king20@yahoo.com">Kyle.king20@yahoo.com</a>	585-813-6514
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Wayne	Jim Ziegler	<a href="mailto:Jimziegler97@gmail.com">Jimziegler97@gmail.com</a>	
	Gage Banker	<a href="mailto:Gagebanker2530@gmail.com">Gagebanker2530@gmail.com</a>	585-236-3469
McQuaid	Mike Liess	<a href="mailto:mikeliess@gmail.com">mikeliess@gmail.com</a>	585-750-8337



# Coaches Safety Course

## CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

*Adam Buckholz*

This person has finished the Abuse Prevention Systems Sexual Abuse Awareness Training program and completed the examination following the Training material. A minimum score of 70% or higher is a passing grade.



COMPLETED ON:  
TUESDAY, OCTOBER 03,  
2023

Quiz Score: 100

Abuse Prevention Systems Child Sexual Abuse  
Awareness Training is approved by the Texas  
Department of State Health Services, and complies  
with the Texas Health Code Act  
(Training Code #P123-0115)



[www.abusepreventionsystems.com](http://www.abusepreventionsystems.com)

## CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

*John Zujac*

This person has finished the Abuse Prevention Systems Sexual Abuse Awareness Training program and completed the examination following the Training material. A minimum score of 70% or higher is a passing grade.



COMPLETED ON:  
SATURDAY, OCTOBER 07,  
2023

Quiz Score: 96

Abuse Prevention Systems Child Sexual Abuse  
Awareness Training is approved by the Texas  
Department of State Health Services, and complies  
with the Texas Health Code Act  
(Training Code #P123-0115)



[www.abusepreventionsystems.com](http://www.abusepreventionsystems.com)

## CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

*Clayton Green*

This person has finished the Abuse Prevention Systems Sexual Abuse Awareness Training program and completed the examination following the Training material. A minimum score of 70% or higher is a passing grade.



COMPLETED ON:  
MONDAY, OCTOBER 09,  
2023

Quiz Score: 100

Abuse Prevention Systems Child Sexual Abuse  
Awareness Training is approved by the Texas  
Department of State Health Services, and complies  
with the Texas Health Code Act  
(Training Code #P123-0115)



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## CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

*Michael Reighn*

This person has finished the Abuse Prevention Systems Sexual Abuse Awareness Training program and completed the examination following the Training material. A minimum score of 70% or higher is a passing grade.



COMPLETED ON:  
MONDAY, OCTOBER 16, 2023

Quiz Score: 96

Abuse Prevention Systems Child Sexual Abuse  
Awareness Training is approved by the Texas  
Department of State Health Services, and complies  
with the Texas Health Code Act  
(Training Code #P123-0115)



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<https://aodesignusa.com/>

## AO Design Updates:

The wearing of masks is no longer required, although, if you have not been vaccinated, we would appreciate it if you wore one!

Please take note of the following changes to our hours:

Normal office hours are M-F 11-5

**We will be closed Thursday and Friday 8/11 and 8/12/22**

**Re-Opening Monday 8/15/22**

**We apologize for any inconvenience this may cause.**

During this time, please contact us by email and we will respond as quickly as possible.

[athleticoutlet@frontiernet.net](mailto:athleticoutlet@frontiernet.net)

Office phone: 585-272-1010

Cell phone: 585-451-1716

Thank you for your business, we appreciate it!!

LICENSED  
GREEK  
DECORATOR

ΣΣΣ ΚΑΡ ΑΞΔ  
ΑΣΑ ΖΤΑ ΦΚΨ  
ΔΦΕ ΤΚΕ ΠΚΦ



# AO Design

[aodesignusa.com](https://aodesignusa.com)

### Offseason Opportunity (spring/Summer/Fall)

[illegible][illegible]

**PITTSFORD  
WRESTLING CLINIC**

**WHEN**  
**July 28th**  
**10am-1pm**

**WHERE**  
**Pittsford-Sutherland**  
**High School**  
**Wrestling Room**

- 2x WISPSGA Coach of the Year
- 2x Northeast Coach of the Year
- 154-26 coaching record at Massapequa HS
- Coach of 2011 NYS Dual Meet Team Champions (Massapequa)
- SUNY Cortland Academic All Team, State Coach



**AGES K-12**  
**ALL**  
**EXPERIENCE**  
**LEVEL**

**COST**  
\$25 Per Athlete  
Multi-Use Facility

## WHAT TO EXPECT

- Techniques
- Instruction
- Importance of drilling w/ purpose
- Use Micro
- Building a Champion Mindset
- Strategy to train new recruits
- Learning to be reflective and adjust
- Coaching

[illegible]