

# Momentum Wrestling Club

Technique, drilling and live wrestling

First session free

Primary instructor- Nick Tavanello  
Grove City assistant coach, 3-time State champion,  
2-Time NCAA NQ for Ohio State

Mondays & Wednesdays

Youth 5:30-6:30pm

High School & Jr High 7:00-8:30pm

Session 1, 13 weeks- April 5th through June 30th

Session 2, 13 weeks- July 19th through October 13<sup>th</sup>

Fees, Full session- \$250 By the month- \$100 Drop-in rate- \$20

Sunday Night Live- HS/Jr Hi only

\$10 drop-in (Included with full-session club membership)

(Fee waived for HS wrestlers who help with youth that week)

Bring a partner your size

6:00-7:00pm

Located at 1470 Hiner Rd. Orient, OH

Contact- Ryan Mitchell

[coachryanmitchell@gmail.com](mailto:coachryanmitchell@gmail.com)

614-216-8207

Space will be limited

Parking is extremely limited, so carpooling is recommended.

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## Momentum Wrestling Club Registration

Name \_\_\_\_\_ School \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Parents Name \_\_\_\_\_ Parents Phone \_\_\_\_\_

Parents Email \_\_\_\_\_

Membership: Full Session (\$250)\_\_\_ Monthly (\$100/Month)\_\_\_ Drop-In (\$20/each)\_\_\_

Payment method- Cash\_\_\_ Check\_\_\_ Other\_\_\_ T-Shirt size\_\_\_\_\_