

# Don't fight the LAW. join it!

The LAW is dedicated to unite and strengthen wrestling through out Lancaster County. This alliance will encourage and develop young men to practice and compete at the "next level" of wrestling. We will provide young wrestlers with basic wrestling principles, work ethic, good sportsmanship, the importance of teamwork, courage, self pride, and the many rewards the sport has to offer. The dedicated coaches of LAW will seek out top-level competition for our athletes. Our promise is to provide a positive training environment where the work is hard, but the reward is well worth it.

## E pluribus Unum "Out of many, one"

I/We assume all risks and hazards incidental to participation including transportation to and from all activities. I/We hereby do waive, release, absolve, indemnify and agree to hold harmless Lancaster Alliance Wrestling, its organizers, sponsors, supervisors, coaches, officers, participants except to the extent and in the amount covered by accident or liability insurance.

I/We further agree to exercise proper care of any equipment and uniforms that may be provided, and will return in good repair at the end of the season.

Parent Signature

Wrestler Signature

Date



**Elementary/Middle School** (2nd-8th grades):  
**March 7th through June 23rd, 2011**  
Mondays and Thursdays, 6:30pm-8pm

**High School** (9th-12th grades):  
**March 23rd through June 24th, 2011**  
Wednesdays and Fridays, 6pm-8pm

**Basic Membership: \$55 + \$7 per practice**  
Includes USA card, membership and tee shirt.

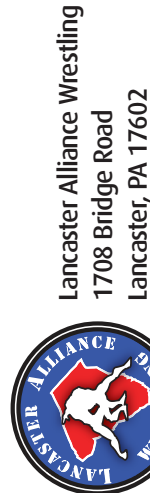
**All Sessions Pass:** (for wrestlers who have USA card)  
**\$170 Elementary/Middle School** (31 practices)  
**\$150 High School** (27 practices)  
Includes membership, tee shirt and all practices.

**All Sessions Pass + USA Card:**  
**\$205 Elementary/Middle School** (31 practices)  
**\$185 High School** (27 practices)  
Includes USA card, membership, tee shirt and all practices.

**To the wrestling parents:**  
We welcome you to the LAW family. Let your young wrestlers know often that you are proud of them, win or lose, for dedicating themselves to enduring the many hours of practice and drills, for having the courage to step out onto the mat and accepting the challenge of this demanding sport.

**To the wrestlers:**  
Take time to thank your parents for giving you the opportunity to participate in this outstanding sport. Thank them for providing you transportation to and from practices and matches, for the time that they have committed to you and for encouraging and supporting you to take and stick with the challenge of the sport.

Photo: W. Roy Phillips '34 Wrestling Room: Located on the lower level of Mayser Center, the W. Roy Phillips '34 Wrestling Room, a 3,730 square foot training facility for the Diplomats' only Division I athletics team. The room was renovated in 1999.



# Learn it all at the LAW!



For Elementary/Middle School and High School Wrestlers





# You're in great company with the LAW...



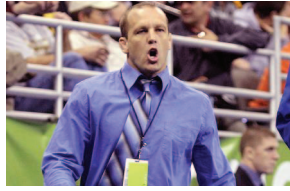
## Mission Statement

The L.A.W. Wrestling Club is a not-for-profit organization dedicated to fostering, promoting and encouraging the sport of amateur wrestling. It is our intention to build character, physical health and well-being, sportsmanship, self-confidence, self-esteem, and positive attitudes about dedication, persistence, and hard work among the younger generation.

## The purposes of the L.A.W. Wrestling Club, Inc. are to:

- Establish and conduct a wrestling club for young wrestlers regardless of their socio-economic status.
- Conduct tournaments, competitions and clinics for wrestlers and coaches.
- Create a travel team to allow wrestlers to attend wrestling camps, clinics, competitions and tournaments in other geographic areas.
- Assist wrestlers in obtaining USA Wrestling and/or AAU membership cards to allow them to participate in various wrestling events.
- Solicit and collect contributions from individuals, groups, business and social organizations, corporations, foundations and governmental entities in order to finance the activities of the Club.
- Assist individual Club members to attend and compete in regional, national and international wrestling events.
- Encourage parents and fans to volunteer their time to assist in various wrestling events.
- Disseminate information about wrestling events and activities to wrestlers, coaches, parents and fans.
- Disseminate information to the general public about the sport of wrestling.
- Enhance and support media coverage of wrestling events.

**Facebook — LAW**  
**www.TheLawWrestling.com**  
**coachwillb@gmail.com**



## Coach Mike Rogers

- Two-time NCAA All-American
- 2009-10 season at American University as the head assistant

coach. The Eagles produced three All-Americans and recorded its best NCAA finish in 14th place while posting the nation's second best grade point average.

- Six years head coach Pennsylvania Junior Freestyle Team, two junior freestyle championships.
- Assistant coach at his alma mater, Lock Haven University, for seven years.
- Three seasons as the head coach at Central Mountain High School in Mill Hall, PA, from 1999-2002, 29-16 overall record.
- 2001 District 6 AAA Coach of the Year.
- Three-time national championships qualifier, Rogers earned the 1996 Gorrarian Award, recording the most pins in the least amount of time at nationals.
- Two-time Eastern Wrestling League Champion and is one of seven Bald Eagles and one of twelve in the Pennsylvania State Athletic Conference to win four conference crowns.
- Florida State Champion in 1992 and national runner-up that same year during high school.
- B.A. in Special Education from Lock Haven University in 1997 and a Master's in Education in 2002.

## Elementary/Middle School Coaches

Will Betancourt, Manheim Central  
Wink Charles & Jimmy Wilson, Solanco  
Joe Finkey, Garden Spot  
Kevin Franklin & Tom Habowski, Lampeter-Strasburg  
Denny Boring, Warwick  
Mark Grossman, Manheim Township  
Shawn McClune, Conestoga Valley  
Quint Eno, Elizabethtown College



## Coach Matt Greenberg

- Joined the F&M staff in 2009 as the program's first full time assistant coach. Primary responsibility will be recruiting.
- Four-time Eastern Intercollegiate Wrestling Association (EIWA) place-

winner, member of three wrestling teams ranked in the top 10 during his time at Cornell.

- Ranked in the top eight nationally throughout senior season, won the EIWA Championship at 197 pounds, third NCAA Division I Championship Tournament, earned All-American honors.
- Finished collegiate career with more than 120 wins and four All-Ivy League certificates, including three first team tags.
- Cornell staff in 2004-2005 when the Big Red finished in fourth place at the NCAA Division I National Championships.
- 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.
- B.A. in Sociology with a concentration in business from Cornell, and M.S. in Sport Business and Management from New York University.
- Marketing intern for Major League Baseball and a project coordinator for the 2006 National Basketball Association All-Star Game.

## High School Coaches

Troy Sunderland, Manheim Central/Factory Wrestling Club, 3x All American and Former Penn State Coach  
Jon Mitchell, J.P McCaskey  
Mark Grossman, Manheim Township  
Eric Narkiewicz, Manheim Twp/Factory Wrestling Club  
John Little, Solanco  
John Dolan, Solanco  
Trent Turner, Conestoga Valley  
Ryan Bosso, Penn Manor/Boss Hog Wrestling Club  
Matt Fittery, Cocalico/Steel Wrestling Club  
Hoyt Craver, Garden Spot  
Ned Bushong, Warwick

## 2011 LAW APPLICATION FORM

(Payment must accompany application.)

Wrestler Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Emergency No. (\_\_\_\_) \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Email \_\_\_\_\_

USA Card # \_\_\_\_\_

Weight \_\_\_\_\_ Years Wrestling Experience \_\_\_\_\_

Returning Member?  Yes  No

Session:  **E/M** Mondays & Thursdays, 6:30pm-8pm

**HS** Wednesdays & Fridays, 6pm-8pm

Circle size of T-shirt: **Child:** S M L  
**Adult:** S M L XL

(Extra shirts can be ordered for \$15.00/shirt)

Quantity \_\_\_\_\_ Size \_\_\_\_\_

Checks payable to: Lancaster Alliance Wrestling

**Mail to:** Lancaster Alliance Wrestling  
1708 Bridge Road, Lancaster, PA 17602

Parent Signature \_\_\_\_\_