

# Ruthless Aggression Wrestling - Application

## Summer Youth Session

Ruthless Aggression Wrestling was established to provide young athletes from Auburn NY and the surrounding areas with an opportunity to receive an elevated level of training in the world's oldest sport: Wrestling! It is our goal to provide local and regional wrestlers the opportunity to receive top level training and instruction in a competitive environment. During practice, your athlete will get training, conditioning, and tools needed to become a successful student, athlete, and wrestler. Club runs all year and competes at the local, state, and national level.

### Ruthless Aggression Wrestling Club Details:

**Summer Membership - \$125 00**

- Discount for 2" and 3" members of the same family are available.

**Yearly membership - \$200**

**Contact - Coach Zac Maneri via email at [zacmaneri@auburnyouthwrestling.com](mailto:zacmaneri@auburnyouthwrestling.com)**

**Gear Cost - Team Singlet \$65 (add \$5 for name), additional T-Shirts \$15**

**Eligibility - Boys and Girls K - 8th grade**

**Location - Finger Lakes Health Center, 2115 W Genesee St Auburn NY 13021**

**Practice Days/Times -** Tuesday & Thursday 6:00pm - 7:30pm  
Saturday in Seneca Falls location (time TBA)  
Summer session runs April - September

**EARLY REGISTRATION!! - Those who register early can start practice right away.**

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Name (first, middle, last): \_\_\_\_\_

Age: \_\_\_\_ DOB: \_\_/\_\_/\_\_ Grade: \_\_\_\_ Weight: \_\_\_\_\_ Years of experience: \_\_\_\_ School: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ NYWAY # \_\_\_\_\_ Visit [www.nyway.org](http://www.nyway.org) for membership

Parents/Guardian name: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ @ \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact/Relationship Phone: \_\_\_\_\_

Medical insurance policy number: \_\_\_\_\_ Total payment enclosed: \$ \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_/\_\_/\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_/\_\_/\_\_

\*\*\* Personal training and conditioning is available and will be scheduled individually \*\*\*

[auburnyouthwrestling.com](http://auburnyouthwrestling.com)

[ruthless-aggression-wrestling.com](http://ruthless-aggression-wrestling.com)



# **Summer break bully proof camp**

**Where:** Ruthless Aggression Wrestling room

**What:** Brazilian Jiu Jitsu

**When:** Monday and Wednesdays 6:30 - 7:30 April - September

**Price:** \$50/month - discount for youth wrestlers

**Brazilian Jiu-Jitsu** is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent. BJJ training can be used for sport grappling tournaments (gi and no-gi) and mixed martial arts (MMA) competition or self-defense. Sparring (commonly referred to as "rolling") and live drilling play a major role in training, and a premium is placed on performance, especially in competition, in relation to progress and ascension through its ranking system. Since its inception in 1882, its parent art of judo was separated from older systems of Japanese Jujutsu by an important difference that was passed on to Brazilian Jiu Jitsu: it is not solely a martial art, it is also a sport; a method for promoting physical fitness and building character in young people; and, ultimately, a way of life.

## **Who can do Brazilian Jiu Jitsu?**

Gracie Jiu Jitsu is for everyone, big or small, young or old, fit or unfit, fast or slow, flexible or not. As long as you're willing to learn, you can master the art of self-defense and boost your confidence in a threatening situation.

## **Why choose Brazilian Jiu Jitsu?**

Brazilian Jiu Jitsu is the fastest growing Martial Arts form in the world. And the foundation for every MMA fighter's training. It is also used daily by police and military forces around the world, proving it's effectiveness as a means of self-defense in the real world.

## **How will Brazilian Jiu Jitsu help me?**

Brazilian Jiu Jitsu was founded on the principle that size and strength means nothing, unless you know how to use it. We will teach you the necessary skills to take control of any situation and defend yourself against any attacker.