



Attention All Wrestlers Looking for an opportunity to Train & compete this Spring & Summer?

Foxfire, a sanctioned USA Wrestling* club, focusing on participation not performance!

*USA Wrestling is the National Governing Body for the Sport of Wrestling in the United States and, as such, is its representative to the United States Olympic Committee.

Entering 4th season in NW Ohio – Focusing on USA Wrestling Events

What Foxfire has done: In 2009 the Foxfire wrestling club campaigned 24 wrestlers across 6 age groups at 9 different USA tournaments within the state of Ohio. Over the 3 month Spring period these wrestlers took full advantage of the opportunities, competing in 479 matches. Some individuals exceeded 40 individual bouts, experienced different cities and had some fun in the process! 11 members qualified for Ohio National Teams (9 Cadets & 2 Schoolboys). Last June and July **Foxfire fostered the training and support of three Cadet All-American finishes at the 2009 Asics National Tournament in Fargo North Dakota! Helping these athletes achieve at the highest level!** Foxfire also fostered the development of 4 new USA wrestling officials who represented themselves as

professionals! Season summaries at:
http://www.foxfirewrestling.com/2009_season.html
http://www.foxfirewrestling.com/2008_season.html
http://www.foxfirewrestling.com/2007_season.html



2010 Training Session

10 Mar - 22 May:

FS/GR training for USA wrestling

- Training 2x a week at the Foxfire facility
- Fully supporting USA Wrestling-Ohio and regional events
- Those qualifying for the Ohio National Teams – bonus sessions will be held through June and July prior to the Team Ohio Training Camps

Cost \$75: Includes 10wks of instruction, use of training facility, t-shirt, use of team singlets, USA wrestling card required \$35 for cadets/juniors *Additional USA wrestling coaches welcome!*



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Visit us on the web at: <http://www.foxfirewrestling.com>