

Golden Cross Wrestling Academy



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www.GoldenCrossWrestling.com

Strive For The **GOLD**



Practices begin on November 2nd and continue through March 17th.

The Golden Cross Wrestling System offers ANY wrestler the opportunity to participate no matter their age or skill level. Our wrestlers range from beginners to best in the country.

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| Sunday | Guest Clinician - once a month, No regular practice |
| Monday | 6:30 – 8:00 (K-8) Elementary, Elementary Gold, Jr. High |
| Tuesday | 6:30 – 8:00 (K-8) Elementary, Elementary Gold, Jr. High |
| Wed. | 6:30 - 8:00 (K-6) Elementary, Elementary Gold, Jr. High |
| Thursday | 6:30 – 8:00 (K-8) Elementary, Elementary Gold, Jr. High |
| Friday | 6:30 - 8:00 (K-6) Elementary only *see Elementary flier for full details |

All practices take place at Cincinnati La Salle HS 3091 North Bend Rd. 45239

13 OAC State Champs & 33 State Placers since 2011!

2015 OAC Jr. High State Champs! (4 Champs, 4 Placers)

2015 OAC Elementary, 3rd Place! (4 Champs, 6 Placers)

Please visit our web page for full details and **Online Registration**

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Coach Avery Zerkle



Head Coach Cincinnati La Salle High School
Head Coach Springboro High School 2006-2008
Head Coach Graham Jr. High 2003-2006
2x NCAA Qualifier at Lock Haven University
NCAA Eastern Wrestling League Champ
NCAA Pennsylvania Athletic Conference Champ
Ohio State Champ/State Runner-Up at Graham
Jr. National Freestyle Duals National Champ
Jr. National Freestyle All-American
Sr. National All-American

Elementary

K-6th Grade

\$125 entire season

No Monthly or per session option

Under the guidance of Coach Kerry Smyth and **Cincinnati Youth Wrestling**.

If you have a child that would like to try wrestling for the first time, or a wrestler that only has a few years of experience, this program is designed specifically for them! The staff will teach the fundamentals of wrestling in a fun atmosphere. We will teach a system that ANY youth athlete can comprehend. Skills that will be instilled into each athlete: Strength, Conditioning, Leadership, Nutrition, & Mental Toughness.

Elementary Gold

K-6th Grade

\$80 a month

OR \$375 up front

Non-members \$15 session

2015 OAC State, 3rd Place!

Your elementary wrestler has two options:

First, use Golden Cross 4 days a week to train and compete at a very high level. We have a full competition schedule for you to choose from.

Second, join your local CYW program and practice with them twice a week. Then use Golden Cross to get your wrestler one or two advanced practices in each week.

Jr. High

7-8th Grade

\$80 a month

OR \$375 up front

Non-members \$15 session

2015 OAC State Champs!

All Jr. High wrestlers have two options: First option is to train 4 days a week with the most advanced wrestlers in the Tri-State. We have schedules designed so you can choose the type of competition that you are looking for. The schedule will range from average local tournaments to the toughest tournaments in the country.

If your Jr. High has a wrestling program you can choose to participate on their team and use Golden Cross for more advanced supplemental training. Keep in mind that using this approach will limit your potential with restricted matches and competition.

Sunday Clinics once each month

K-12th Grade

Golden Cross Academy will host a Sunday Clinic once each month of the season. We plan to bring in the best clinicians possible to help your wrestler excel with great technique and fresh partners. These clinics are not included in your Academy fees. There will be a small fee for each clinic.

- ✓ **FREE!** Come in and try it out! No charge for first practice.
- ✓ Check website for Family Pricing for both per month and drop in costs.
- ✓ Purchase gear as wanted. No mandatory uniform.

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