



USA Wrestling-Ohio
DEDICATED TO THE ADVANCEMENT OF AMATEUR WRESTLING



Braves Wrestling Club Offseason Program

- Coaches:** Nate Eigher – nate.eigher@ihsd.us, 513-509-1376
Joe Castenir – joe.castenir@ihsd.us, 216-644-6125
Kealli Cummings – kealli.cummings@ihsd.us
John Mark Williams – 2019 Graduate and 2 time state placer
- Location:** Indian Hill High School Wrestling Room
- Days:** Tuesday and Thursdays, Starting March 28th, 2023
- Cost:** \$20 includes Braves Wrestling Club (BWC) T-Shirt, & USA Wrestling card is required for insurance and competition. Go to <https://www.usawmembership.com> to obtain full athlete membership (\$45)
- Apparel:** \$70 for BOTH BWC Red & Blue Singlets, \$90 for BOTH BWC Red & Blue Singlets with last names
- Information:**

There is no true offseason in wrestling; only time to get better at the sport. This program will offer a high level of training for all Junior High and High School Wrestlers looking to give them the edge in the upcoming seasons. We will be focusing on getting the edge in our hand fighting and offensive ability and gaining freestyle/Greco skills as we look to compete for a Stopsign @ Fargo. During this season, the coaching staff will attend local & regional wrestling tournaments (schedule is on the back). This program is a perfect opportunity for wrestlers to stay on the mat for a few extra months without the strain that a regular season brings. Also, a great time for football players to continue their hand fight and footwork skill before their season kicks off! Practices are intended to help wrestlers find the joy of the sport while gaining skill. I just wanted to let you know that competition in this program is not required but is always recommended. Instructors for this program will be local coaches & college wrestlers that have coached or competed at some of the highest levels of wrestling.

Tuesdays & Thursdays: March 28th – August 3rd
6:00PM – 7:30PM: Indian Hill High School Wrestling Room

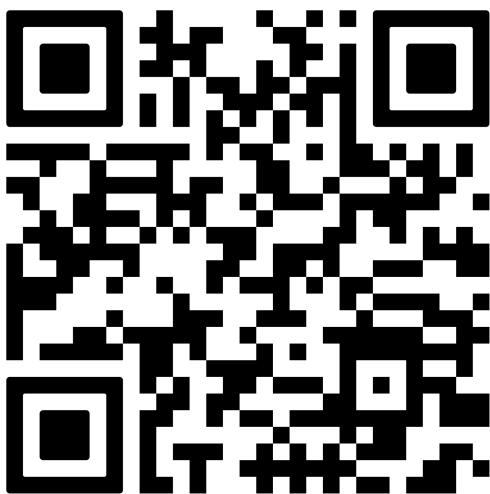
Email Joe Castenir at joe.castenir@ihsd.us if interested.

For more information please see back of flier.

Registration Form (Fill Out Before First Practice)

Days: Tuesday & Thursday @ 6PM-7:30PM from March 28th – August 3rd

FEE: \$20 but USA Card is Required



<https://forms.gle/Bf3xqz1WRh5mcvsk8>



<https://www.usawrestling-ohio.org/>

Practice Location: Indian Hill High School 6865 Drake Rd, Cincinnati, OH 45243



Singlet Design:



Competition Schedule:

Tuesday & Thursday Wrestling Practice from 6-7:30 pm @ IHHS				
Date	Event	Location	Ages	Style
04.01.2023	Spatola Classic	Elite Athletics Sports Complex	All	FOLK
04.01.2023	Ohio SE Qualifier #1	Western Brown High School	All	FR/GR
04.29.2023	Ohio SW Qualifier #1	TBD	All	FR/GR
05.06.2023	Kids Ohio State Tournament	Elyria High School	12U & 14U	FR/GR
05.19-21.2023	Central Regional Championships	Allen County Warm Memorial Coliseum 4000 Parnell Avenue Fort Wayne, Indiana 46805	All	FR/GR
05.20.2023	TBD	TBD	All	
05.27-28.2023	Ohio FR/GR State Tournament	Ohio Northern University	16U & Junior	FR/GR
06.17.2023	Vandalia Butler Duals	Vandalia Butler Duals		FOLK
06.26-27.2023	Kids Nationals Tournament	Farmington, Utah	12U & 14U	FR/GR
07.xx.2023	Team Ohio Fargo Camp	Ohio Northern University	16U & Junior	FR/GR
07.14-22.2023	Fargo National Tournament	Fargo, North Dakota	16U & Junior	FR/GR
08.xx.2023	Ohio State Fair Wrestling Tournament	Columbus, Ohio	All	Folk/FR/GR
End of Off Season Competition				

Football Players Who Wrestled:

Tristan Wirfs (Tampa Bay Buccaneers) – Offensive Line *ACTIVE

- Football Accolades: 1x Super Bowl Champ, 1x First Team All-Pro, 2x Pro Bowl, Big Ten OL of the Year
- Wrestling Accolades: 1x Iowa High School State Champion

Micah Parsons (Dallas Cowboys) – Linebacker *ACTIVE

- Football Accolades: 2x First Team All-Pro, 2x Pro Bowl, 1x NFL Defensive Rookie of the Year
- Wrestling Accolades: Pennsylvania State Junior Championship Finalist

Luke Fickell (Ohio State Buckeyes) – Nose Tackle

- Football Accolades: 4-year Starter for the Buckeyes, Current Wisconsin Head Coach, 2021 Coach of the Year
- Wrestling Accolades: 3x Ohio High School State Champion, 2x Junior Nationals Freestyle Champion

Stephen Neal (New England Patriots) – Offensive Line

- Football Accolades: 3x Super Bowl Champ
- Wrestling Accolades: 2x NCAA D1 Wrestling Champion, 1999 World Freestyle Champion

Ray Lewis (Baltimore Ravens) – Linebacker

- Football Accolades: 13x Pro Bowl, 2x NFL Defensive POY, 2x Super Bowl Champion, 1x Super Bowl MVP
- Wrestling Accolades: 1x Florida High School State Champion

*AND MANY MORE

<https://www.usawrestling-ohio.org/>