

CMFC Wrestling Club

SUMMER PROGRAM INFORMATION

The CMFC Wrestling Program is predicated on building a solid wrestling foundation while staying focused on each wrestler's individual goals. Our unique program includes instructional warm-ups and stretching, technique and drilling, live wrestling and group wrestling. The program is designed to progressively increase in skill development and intensity. Therefore attendance is important and it's imperative that the athlete commits to a Gold 1, Gold 2 or a Platinum Club option. Wrestlers are closely supervised as the coach takes them through an intense 60 or 90-minute session (depending on age group) with attention always being paid to proper technique and safety. Each session is filmed for constructive teaching as a capstone to each session.

ELIGIBILITY: The program is open to all male and female wrestlers:

Session A) ages 5 - 10

Session B) ages 11 & UP

Billy Damiana Wrestling Staff & Guest Coaches

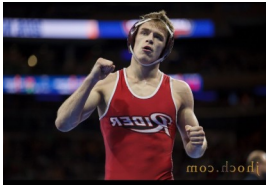
Matt Riddle

2004 New York State Champion
2003 National Champion
Wrestled D1 ESU
3x Naga Expert Champion
4x Grappler Quest Champion
9-3 UFC record



Chad Walsh

Rider Univeristy
3x Region Champ
4x NJ State Place Finisher
Senior National Finalist
2016 NCAA Semi-Finalist
and All American



Nestor Taffur

1x District and Region Champion
4th place finish in NJ
Boston University Winningest
Wrestler 119 wins.
EIWA Champion
2x NCAA Qualifier (round of 16
and 12)



CJ Lafragola (Brown), **Cory Damiana** (Hofstra), **Zach Valcarce** (Rider), **Anthony Williamson** (Gannon)

CMFC Wrestling Staff



Billy Damiana: Program Director/Coach

High School Career record 140-18
All Time Winningest Wrestler for LCMR
All Time Winningest Wrestler Cape May County
5x High School All American (1x National Champ)
4x District Medalist
2x District Champ
3x Region Medalist
2x State Medalist
3x Greco Roman State Champ
3x Freestyle State Champ
Nationally Ranked Top Ten Sophomore-Senior Year
1x Greco Roman All American (Collegiate)
Greco Roman World Team Trials, World Team Alternate

The Program - (CIRCLE) Session & Member Option

Session options are offered as Gold 1, Gold 2 or Platinum Club Member discounted rates. Drop-ins are welcome. Gold members receive 8 consecutive sessions offered at 2 different times and Platinum members receive 16 consecutive sessions of instruction at a discounted rate.

** missed sessions are not made up

Circle Session

- **(Session A)** ages 5-10
- Mon/Wed: 5:00pm - 6:00pm
- **(Session B)** ages 11 & UP
- Mon/Wed: 6:15pm - 7:45pm

Circle Member Option

Gold 1 Member (June 20th - July 13th)..... \$119

Gold 2 Member (July 18th - Aug 10th)..... \$119

Platinum Member (June 20th - Aug 10th)... \$187

Registration Application.

Mail with payment. Parent's Signature required if minor.

(PLEASE PRINT) GRADE ENTERING _____

NAME _____

ADDRESS _____

CITY, ZIP _____

HOME _____

PHONE: _____

CURRENT SCHOOL _____

MY MEDICAL INSURANCE COMPANY IS: _____

POLICY NUMBER: _____

EMAIL: _____

HOW DID YOU HEAR ABOUT US: _____

**TEE-SHIRT: S - M - L - XL - XXL - 3X
YOUTH OR ADULT**

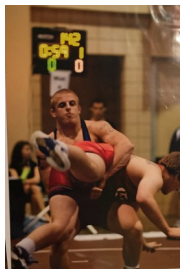
I hereby authorize the staff of the CMFC Athletic Performance Staff to act for me according to their best judgment in situations requiring first aid or medical attention. I hereby waive and release the CMFC staff from any and all liability for any injury or illness by myself, son or daughter while training.

Parent or Guardian Signature _____ Date _____

IN CASE OF EMERGENCY, PLEASE CALL:

(NAME) _____ (TELEPHONE)NUMBER _____

CMFC WRESTLING COACHES TESTIMONIALS



Coach Bill Damiana began training me after a conference match against his younger brother Cory in 2014. His experience, skill and work ethic brought out the best in me. Offers from Brown and Cornell were direct results of Coach Damiana's training.

- CJ LaFragola 2015 NJ State Runner Up. Brown University Class of 2019.

WRESTLERS TRAINED

CJ Lafragola St. Joes of Ham-
monton
Career Record 131-20
4x District Medalist
3x District Champ
2x Region Medalist
1x Region Champ
2x State Medalist (7th and 2nd)
Ranked Top 20 in the Nation
Collegiate Scholarship to Wrestle
at Brown University

CJ LaFragola



Niko Savaiinaea

Cory Damiana



Niko Savaiinaea (Paulsboro)
Career Record 114-26
4x District Medalist
3x District Champ
1x Region Medalist (1x Finalist)
1x State Medalist
Collegiate Scholarship to Wrestle
at Baker

Career Record 126-20
Second All Time Wins at LCMR
4x District Medalist
3x District Champ
3x Region Medalist (2x Finalist)
3x State Qualifier
2x High School All American (1x Finalist)
Ranked Top 20 in the Nation
Collegiate Scholarship to Wrestle at
Hofstra University

TUITION:

- The application and fee are due by June 15th.
- Applications will only be accepted on a first come, first served basis to ensure the quality of the program.
- Applications can be mailed to the following address or dropped off at CMFC FACILITY.
- For Online registration see below
- *Make checks payable to:*

CMST, LLC

- *Mail Application to:*

CMFC

MIKE WILSON - OWNER/OPERATOR

3860 BAYSHORE RD. UNIT J.

N. CAPE MAY, NJ 08204

ONLINE REGISTRATION:

- Registration can be done online at:
CapeMayFitness.com
*Sports Performance Page
- Payments may be made online with any major credit card
- Checks are accepted by mail or delivered to the above address at CMFC
- This is a non-refundable (after session 1 starts) no nonsense program

REFUND POLICY:

There will be a \$50 refundable administration fee for any early cancellation made before the start of the program. *All cancellations must be in writing as no cancellations will be taken over the phone.*

MEDICAL CARE:

Medical care is provided by an athletic trainer and/or school nurse. Medical emergencies are referred to the local hospital center in close proximity to the school.

MEDICAL EMERGENCIES:

The CMFC Wrestling Program does not provide medical insurance for athletes. In the event of an illness or injury requiring treatment, hospitalization, and or surgery, family medical insurance must be used. Athlete's insurance, company name and policy number are required on the application form.

CMFC **Wrestling Club** "The Summer Program"

Featuring:
Billy Damiana



In association with the
Lower Township Department of Parks and Recreation

AT
Cape May Fitness Center
3860 Bayshore Rd. Unit J.
N. Cape May, NJ
(609)435-5917

Corners of Bayshore Rd. & Lincoln
Blvd. (Ferry Rd)
June 20th - August 10th

