

# "RCS Champs and Finalists Clinic"

SUNDAY MAY 17th, 2020

\$10 ALL DAY PASS for  
wrestlers entered into the tournament

\$15 ALL DAY PASS for those  
not entered in the tournament

## **CLINIC TIME SCHEDULE:**

### **THIS SCHEDULE IS SUBJECT TO CHANGE**

Weigh-In for DIV 1-3	Wrestling room	7:30 – 8:30am
First session	Hand Fighting	9:00 – 10am
Second session	Fireman's series	10:00 – 10:30am
Third session	Boot series	10:30 – 11:00am
Weigh-In for DIV 4-8	In the team room located in the gym	11:00am – 12:00pm
Fourth session	Heavy weight	11:00 – 12:00pm
Fifth session	Hammer lock	12:00 – 12:30pm
Sixth session	Low leg series	12:30 – 1:00pm
Seventh session	Homeruns	1:00 – 2:00pm
Eighth session	Boot series	2:00 – 3:00pm

Here is the direct link to register for the tournament.

<https://www.trackwrestling.com/tw/opentournaments/VerifyPassword.jsp?tournamentId=579203132>

Or go to trackwrestling.com and search the event using  
**Ravena Fury Youth Tournament**

**Location:** RAVENA-COEYMANS-SELKIRK HS 2025 US Route 9W Ravena, NY 12143

**Coaches Contacts:** Justin Schipano (518) 756-5200 ext. 2535 or email [jschipano@rcscsd.org](mailto:jschipano@rcscsd.org)

**Admission:** \$25 per wrestler with pre-registration, \$35 with onsite registration

**ALL MADISON STYLE PAIRINGS FOR ALL DIVISIONS. GRADES K-12 ARE WELCOME**