

# OFF SEASON WRESTLING INFORMATION

## 1. SEPA – South Eastern PA Wrestling Team

The Newtown Athletic Club, 120 Pheasant Run Road, Newtown, PA

<http://sepawrestling.com>

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## **2. APACHE WRESTLING CLUB**

535 Andrews Road – Unit 302 Trevoise, PA 19047

Team Apache is in its 21st year of operation. What once started as a small local wrestling club of approx. 20 athletes, mostly from Council Rock High School, has now blossomed into an almost year round training school for wrestlers of all ages and from all over southeastern Pennsylvania and even New Jersey. During our first 4 years of existence the club only catered to junior high / high school aged wrestlers and consisted of only a spring session lasting from Mid -March until early June. Our first stage in expansion came in 2000 when the club opened its doors to the elementary aged wrestler. At this point we had 2 groups (elementary & junior high / high school) training from 6:00-7:00 and 7:00-8:30 respectively 2 nights a week on Mondays and Wednesdays.

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## **3. MPR Endurance/Wrestling**

864 Town Center Dr, Langhorne, PA 19047

Our MPR Youth & Adult Wrestling Program is run and constructed by local Bucks County wrestling star Chuckie Connor. Chuckie was a state champion From Pennsbury High School where he went on to UNC and earned All American and ACC Athlete of the year honors.

Under Coach Connor over the last few years we have had numerous team wins, over 20 State Champions and over 10 Super 32 Champs. Our team is continuing to build and to put out more future champions. **To enroll your athlete into the Langhorne MPR Wrestling Program please directly email Coach Connor at Ceconnor112@hotmail.com or call him at (215)651-2788.** We do not schedule handle the Wrestling Memberships at our home office. Everything is handled and run through Coach Connor. Coach Connor is also available for private and group Wrestling sessions. Contact him for availability and pricing.

Youth Wrestling at the Langhorne MPR is on Wednesday nights at 7:30pm, Friday nights at 6:15pm and Sunday mornings at 10:30AM

#### **4. The Wrestling Factory at George School**

**1690 Newtown Langhorne Road**

**Newtown, PA 18940**

**(419) 303-5446**

**[Michaeldiglia@gmail.com](mailto:Michaeldiglia@gmail.com)**

#### **5. Tiger Wrestling**

**Mostafa Hassan**

**Ph. 609-456-5027**

**Located on Franklin Mills Blvd., Philadelphia, PA 19154 (Next to the Dick's Sporting Goods store)**

#### **6. Attack Mat Club**

**267-692-6166**

**882 Jacksonville Road, Ivyland, PA Suite 203**

**<https://attackmatclub.com>**