



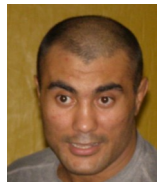
BrickHouse Wrestling takes a leap forward



At BrickHouse Wrestling, we are continually searching and studying ways to make the club the ultimate training environment for aspiring wrestlers. With the start of this upcoming season, we are excited and confident that we have done just that!

Head Coach, Sean Harrington (two time NCAA All American, two time Olympic Trials participant, 3 year resident US Olympic Training Center & Harvard Assistant Coach) had this to say “It is so exciting. Starting with the addition of Coach Muz, and ending with all the upgrades to the gym. This upcoming year looks to be the best yet. The new website is going to be a great tool for our wrestlers to learn and grow in the sport of wrestling.”

Our new technique coach, Muzaffar Abdurakhmonov. Coach Muz, as he is known, will be assisting in teaching our high school and schoolboy age groups. He has knowledge and a passion for wrestling unmatched in the New England region. Some of Coach Muz’s accomplishments include junior world silver medalist in freestyle, two time Junior college national champion and NCAA Div. I All American (3rd place). Check out the website for his full biography. Coach Muz wrestles for BrickHouse on the senior level, and will continue to do so for this Olympic year. Currently he is a volunteer assistant coach for Harvard Wrestling (3 years), and at American University for the 4 years prior. All of us at BrickHouse are so excited to have him on board.



On the technological front, BrickHouse is truly entering the 21st century. We have spent tremendous effort to bring our new website to reality. The new website www.brickhousewrestling.com now offers many new features including technique videos by our coaches and guest clinicians, as well as, articles on nutrition, sport psychology, strength & conditioning and a coaches blog. Additionally there will be a match of the week section, along with breaking news and downloadable HD photos. Member matches can be put on the site for private or public viewing. Members will have member accounts and passwords which will give them exclusive access to the extra benefits of the site. Video analysis of matches and technique will now be possible through the use of our HD projector and 8 foot big screen.

BrickHouse Wrestling has also undergone many improvements to the gym itself. Besides a facelift with paint, carpeting, and mirrors; there is an additional 1500 square feet of wrestling mat for total of 3000 sq ft of wrestling area on two mats. A new Olympic lifting platform with bumper plates and 2 new heavy bags will be in use this Fall.

BrickHouse Wrestlers in College

Michael Gregory	Div 1	U. Pittsburg
Matt Dehney	Div 1	U. Buffalo
Alex Najjar	Div 1	Boston U
Joe Chartier	Div 3	U Southern Maine
Mike Perucchio	Div 3	WPI

We have made these changes with the continued mission of offering our students the highest caliber instruction from world class coaches, in an environment that promotes excellence, leadership, sportsmanship and

especially self confidence. In our five years, BrickHouse wrestlers have become champions on many different levels. State and New England Champions, National Champions, and USA Wrestling All Americans are just a small number of our success stories. Our previous high school champions have now gone onto college and are now starting to make an impact. Come on down and join the next generation of BrickHouse Champions!

All registrations must be completed online through www.brickhousewrestling.com. Payments can be made through paypal, credit card or down at the gym with check or cash.

www.brickhousewrestling.com