

Diocese of Erie Wrestling

On behalf of the coaches and staff, we would like to welcome and introduce you to our wrestling team(s).

The Erie Catholic Schools have a long history of producing great wrestlers in the Erie Area. Many wrestlers have won state titles and many more have gone on to accomplish great things in high school and college.

The Erie Diocesan wrestling program is inviting all boys of Erie Catholic Schools & Parishes to join one of our programs.

The Erie Diocesan Wrestling program offers various levels of training. Our Novice program caters students in kindergarten through sixth (6th) grade, who are new to the sport. Our grappler program offers experienced wrestlers in grades first (1st) through sixth (6th) the opportunity for advancement and success. Our Junior High program is tailored to transition seventh (7th) and eighth (8th) graders to high school wrestling.

If you have never wrestled before, our staff has the tools necessary to get you off to a great start. Wrestling is instrumental in developing the skills necessary to compete in a wide variety of sports. Wrestling offers great training enhancements to football, such as tackling and positioning. While there is always a risk of injury in any sport, wrestling is relatively low in injury. Most sports do not have the presence of one referee for every two athletes. Confidence, poise, and discipline are traits that make wrestlers successful on and off the mat.

Erie Diocesan Wrestling programs are Christian based, to ensure that your son will be strong in Christian faith, intellect, and body.

If your son would like to participate or if you would like more information, please contact one of the coaches listed below:

Coach: Mitch Carman (St. George)

Email: mithcarman@gmail.com

Phone: (814) 897-5437

Coach: Mike Rose (Blessed Sacrament)

Email: marose1970@gmail.com

Phone: (814) 866-3475

Cell: (814) 490-7271

Coach: Dan Brown (OLCS)

Email: ndb31395@aol.com