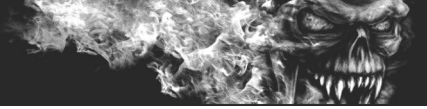
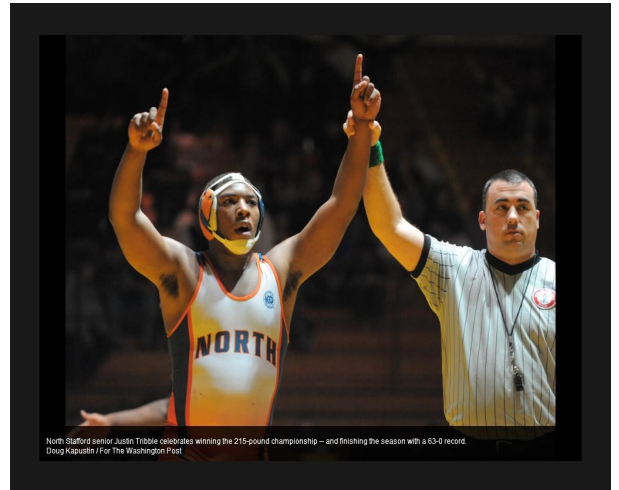


Summer 2011 POWERHOUSE



Off Season Training is
now in Session...

- *Speed, Strength & Agility Sessions
- *Granby Course
- *Weekend Warrior Camps
- *Technique Camp w/Mark Strickland



North Stafford senior Justin Tibble celebrates winning the 215-pound championship — and finishing the season with a 63-0 record. Doug Kapustin / For The Washington Post

where wrestling is a lifestyle

POWERHOUSE WRESTLING ACADEMY

Correct off season training is
essential to becoming a suc-
cessful wrestler. Join Us
this summer!

Powerhouse Wrestling Academy

24 Synan Road
Suite 115
Fredericksburg, VA 22405
Phone: (540) 295-5295

powerhousewrestling@gmail.com
www.powerhousewrestling.org

Cut along perforation and return to Powerhouse Wrestling (checks payable to Powerhouse Wrestling)

Name: _____ Date of Birth: _____ Email: _____
Address: _____ City _____ ST _____ Zip _____
Father's Name _____ Phone: _____
Mother's Name _____ Phone _____
Emergency Contact _____ Emergency Phone _____
Wrestler's Age: _____ Grade: _____ School _____ Club _____
Current Weight: _____ Yrs of Wrestling Experience: _____ Yrs of Weight Lifting Exp _____

In consideration of the undersigned wrestler ("Participant") being allowed to participate in Powerhouse Wrestling sponsored wrestling practices, meets, camps, clinics and tournaments; said Participant and his/her legal parent(s) and/or legal guardian(s), for themselves and each of their heirs, personal representatives and assigns, to the fullest extent lawfully permitted, release, discharge and covenant not to sue Powerhouse Wrestling, Synan, LLC or its affiliated clubs, and their respective officers, administrators, coaches, trainers, meet coordinators, referees, sponsors, sponsoring agencies and advertisers, or the owners and lessors of premises in which such events occur, with respect to any and all claims, damages, or other liabilities arising out of the Participant's injury or death occurring during such events, whether in the course of training, travel or competition. The undersigned hereby acknowledges having adequate health insurance necessary to provide and pay for any medical costs that directly or indirectly result from any and all participation in this activity. Each of the undersigned acknowledges the sport of wrestling involves severe physical exertion and intense stress which can result in serious injury or in some rare circumstances, death; he/she agrees to assume the risks of such consequences. This Waiver and Release is freely and voluntarily given with full understanding of the inherent risks of participating in Powerhouse Wrestling Academy athletic competition.

Parent/Guardian Signature _____

Parent/Guardian Printed Name _____

Date _____

Head Instructors:

*Tom Kibler*Mark Strickland*Felton Banks*

*Nick Ranallo*Frank Deberry*

Clinicians:

Michael Hayes—112Lb 4th AAA States

Sean Murphy—130Lb 4th AAA States

Connor Maenz—103Lb 5th AAA States

Justin Tribble—215Lb AAA State Champion

All instructors hold impeccable accolades to include multiple state and national champions/placers. But more importantly is their love for the sport. They put in countless hours of studying film for the most common up to date holds. Instructors will provide simplified instructions along with individual critiqueing to help each wrestler obtain proper muscle memory. All have a desire to get the most out of each student thru repetitive drilling.

Philosophy

At Powerhouse Wrestling Academy Camps, you can expect to find wrestler's of all ages and skill levels. You can also expect good, handy and modern technique taught in a structured environment. All camps will be instructed by Powerhouse staff and guest clinicians who are highly qualified and experienced professionals.

All camps focus on some of the most common wrestling troubled situation seen in today's wrestling. Enjoy learning new skills as well as mastering basic fundamentals. Proper technique will be taught with staff critiquing all the way.

“Train as hard as you possibly can to be the best you can possibly be.”

TRAINING INFORMATION

<u>Strength, Speed & Agility</u> June 20—Aug 26 - 6-8pm Every Mon, Weds & Fri Plate Work Out, Bungee Training, Gladiator Wall, Tires, Health & Nutrition Education **Ages 9-18	\$200.00 Or \$20.00 Per Session
<u>Weekend Warrior Camp #1</u> June 25-26 - 9:30am—2:30pm Big Boys- Under Hook Series, Throws, Slide Bys, Russians, Knee Picks **Ages 9-18	\$65.00 Or \$35.00 Per Day
<u>Granby Course</u> June 30 - Aug 30 -6-8pm Every Tuesday & Thursday 2 month course for committed wrestlers. Granby rolls & holds, chain wrestling & a system of wrestling. **Ages 8-18	\$200.00 Or \$15.00 Per Session
<u>Weekend Warrior Camp #2</u> July 9-10 - 9:30am—2:30pm Rolls - Trapped Leg Roll, Rock & Roll, Cut Back Roll, Waynes Roll & Other 5 pt moves. **Ages 9-18	\$65.00 Or \$35.00 Per Day
<u>Weekend Warrior Camp #3</u> July 24th -9:30am—2:30pm Scrambling —Turn your defense into offense. Learn scrambling and funk leaving your opponent frustrated. **Ages 9-18	\$35.00
<u>Weekend Warrior Camp #4</u> July 30-31 -9:30am—2:30pm Tilts —:Arm Bar, 2 on 1, Crouch, Churella & Roll Through (Robles) Tilts. **Ages 9-18	\$65.00 Or \$35.00 Per Day

<u>Weekend Warrior Camp #5</u> August 13-14 -9:30am—2:30pm Legs —Offense, Defense & Riding (Cross Body & Parallel) **Ages 9-18	\$65.00 Or \$35.00 Per Day
<u>Technique Camp with Mark Strickland</u> Aug 22-25 - 9:30am—3:00pm Technique —Learn to chain wrestle on your feet thru constant set-ups and offensive attacks utilizing hand fighting. Feel more confident on your shooting with high percentage finishes from low, mid and high level and non-stop scrambling. Shots, re-shot, and quick cat like defensive scrambling.....and extra leg wrestling technique. **Ages 9-18	\$225.00 Or \$65.00 Per Day
<u>Weekend Warrior Camp #6</u> Sept 10-11 - 9:30am—1:30pm Beginners —Basic Fundamentals from all 3 positions along with live matches. Geared for wrestlers with 3 years or less experience. **Ages 5-18	\$65.00 Or \$35.00 Per Day

Additional Family Member Discount Available

*****All classes are limited to the first 40 wrestlers*****

What to Bring:

Wrestling Gear, Plenty of Water, Extra Clothes, Lunch, Jogging Shoes, Money

**** Concessions will be available at all camps****