

INSTRUCTIONAL

FOUNDATION WRESTLING CAMPS

"Don't feel like sharing the mats with 400 other wrestlers? I wouldn't either!"

Why Foundation Wrestling camps?...Small group. Drill intensive. \$220.00 worth of FREE DVDS!!

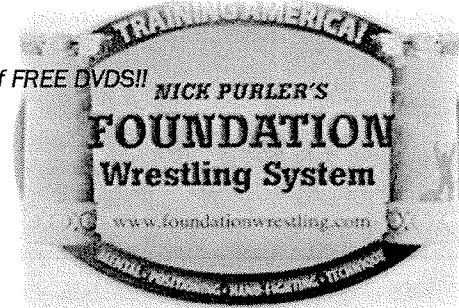
CAMP LOCATIONS AND DATES:

Dallas, TX - June 16-20

Wilson College, PA - July 7 - 11

McCallister College, MN - July 21 - 25

Fresno State, CA - July 26 - Aug. 1



Camp cost: \$545 (Dallas camp is \$275) // The Dallas camp is commuter, all others are over-night camps.

CAMP FORMAT: NO RANDOM MOVES AND RECREATIONAL DRILL TIME WITH FOUNDATION WRESTLING.

Like all other camps, clinics, and training that Nick Purler provides, our Foundation Wrestling camps will be focused around our respected FOUNDATION WRESTLING DVD series. At each camp, approximately 2 groups of kids will be taken through ALL of Foundation Wrestling's Phase I and Phase II systems. After all is said and done, your son will be an expert at all that these DVDs entail and each wrestler will receive a **FREE SET OF PHASE I AND PHASE II....a \$220.00 value...FREE!!** Your wrestler will have a firm grip on wrestling with their hands (Hand-Fighting) with our PUSH / PULL / HIT / PICK / PASS system, be experienced in a CORE group of leg attack with an emphasis on CORE setups and CORE finishes, as well as an array of CORE secondary attacks...not to mention an expert at riding legs, a few ways of getting off bottom, and several high percentage tilts / turns as well as tricks of the trade, shortcuts and strategies sprinkled in during the camp.

This camp is drill intensive and your wrestler can expect to his 100s of reps and be able to *drill on command* at the end of our camp. See www.foundationwrestling.com for our technique list and to see what our Phase I and Phase II DVD series entails.

Only Nick Purler-trained staff members will be instructing your wrestler. These coaches / instructors are either former Purler Wrestling Academy students or coaches for Purler Wrestling Academy. No random high school coaches or college kids will be in charge of the training. This camp will provide unmatched expertise. Nick currently uses this system to train his Purler Wrestling Academy (PWA) wrestlers. This academy is the nation's largest wrestling academy and is based in the states of Missouri, Illinois, and Kansas. Countless dedicated wrestlers travel as much as 3 to 5 hours round-trip each week to train with the Purler brothers, some driving as far as 7+ hours round-trip to attend their two hour weekly workout! PWA has won four prestigious Tulsa National team titles in the past seven years. Nick's high school students have racked up some pretty amazing accomplishments, as well, with All-American and National Champions being crowned each summer at the prestigious Cadet/Junior Nationals in Fargo, ND with 50 high school state medalists being crowned in 2007 alone. In the past 3 seasons, 14 Purler-trained freshman have made the high school state FINALS. All the students' training is structured around Nick's Foundation System of wrestling. *Industry leaders have dubbed the Foundation System DVDs as the best instructional product ever produced for the sport of wrestling. Something Nick is very proud of!*

On-line registration available at www.FOUNDATIONwrestling.com // www.PURLERwrestling.com has details on PWA

Nick Purler - 314.229.3540

www.FOUNDATIONwrestling.com

MAIL-IN REGISTRATION FORM FOUNDATION WRESTLING CAMPS

Please check the week(s) you are registering for:

CAMP LOCATIONS AND DATES:

- Dallas, TX – June 16-19
- Wilson College, PA - July 7 – 11
- McCallister College, MN - July 21 – 25
- Fresno State, CA - July 26 – Aug. 1

Wrestler's Name: _____ Parents' Names: _____ (Dad) _____ (Mom)	Please Circle T-shirt size: YS YM YL AS AM AL XL XXL Age at camp: _____ Height: _____ Approx. Weight: _____ <small>*Please note: if your child is a heavyweight for his age you will be notified one month before camp as to whether a workout partner is available. All wrestlers are grouped according to their AGE and WEIGHTS. If no appropriate partner is registered you may be required to find one or receive a full refund.</small>
Address: _____ _____	Insurance Company: _____ Policy #: _____ Phone #: _____
E-mail: (This is important for camp updates regarding check-in, session assignments, bunk assignments, etc. These are NOT used for solicitation and will not be shared with third parties!) _____ Emergency Contact Info: Home Phone: _____ Parents' Work Phone: _____ (Dad) _____ (Mom) Parents' Cell Phone: _____ (Dad) _____ (Mom)	Medical Release Waiver: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Takedown Machine Staff and Purler Wrestling, Inc. to act for me, according to its best judgment in any medical emergency, and I hereby waive and release Purler Wrestling, Inc. from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct. Signature _____ Printed Name _____ Date _____

Send to: Foundation Wrestling // 84 Quiet Ridge Ct // Foristell, MO 63348

Make checks out to: Foundation Wrestling

Nick Purler 314.229.3540