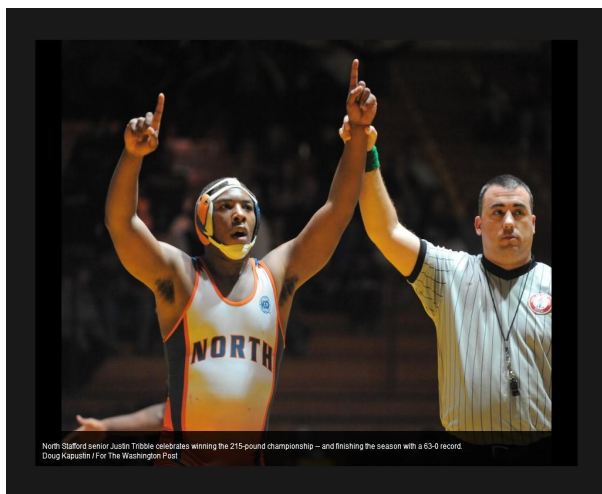




Great Camp opportunities during the holiday break...

- *Scrambling Camp
- *Champions Camp



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 training is essential to becoming a successful wrestler. Join Us this Holiday season!

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**Felton Banks

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 critiquing 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

Scrambling for Points Camp

December 31 - 9:30am—2:30pm

9:00—9:30 Registration **Camp will begin promptly at 9:30

Turning funk into fundamentals. Scrambling is a big part in wrestling today. Learn to turn your defense into offense and score points, leaving your opponent frustrated and reluctant to shoot on you. We will take you step by step through each technique to gain muscle memory and body positioning. Each move will help you understand that there is always an opportunity to score points. Scrambling creates these opportunities. Out scramble your opponent and win matches!

****Ages 9-18**

\$35.00

Champions Camp

January 2 - 9:30am—2:30pm

9:00—9:30 Registration **Camp will begin promptly at 9:30

*Polish up your skills with this intense one day camp. **Technique:** The primary emphasis will be leg wrestling, from learning how to put legs in properly for riding, grinding and scoring to defending legs and turning your defense into points. Camp will be fast paced drilling to help prepare you for the hustle needed to become a champion.*

****Ages 9-18**

\$35.00

What to Bring:

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

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

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

Additional Family Member Discount Available