

Gut Check – Intense Wrestling Camp “College Style”

Nick Pullano Weekend College Style Practice Camp at Powerhouse

- *Date: August 14 & 15 2010
- *Time: 9 am – 2 pm
- *Location: 24 Synan Rd, Fredericksburg, VA 22405
- *Cost: \$90 or \$45 a day
- *Staff: Nick Pullano & Powerhouse wrestling staff



Pullano vs Decker

Nick was a NCAA qualifier and a 4 year starter for Steve Martin at Old Dominion University. He is presently the Head Coach for Virginia Duals WC (PWA). Nick wrestled for Great Bridge HS from 2000 to 2003 contributing to a team state title. Nick is also a staff clinician for The Granby School of Wrestling and has been for the last 6 years. Nick placed 7th at SR Nationals and finished his college career with 93 wins, Top 12 all time at ODU.

Weekend practice schedule will consist of college style warm ups, technique, drilling, strength and conditioning/live wrestling. Nick will simulate an average weekend practice schedule as a college wrestler would endure. You will be expected to work hard, concentrate, and follow instructions. This is for serious wrestlers only and only wrestlers with a common knowledge of wrestling should apply.

This camp is ideal for Middle and High School Wrestlers looking to train in a high intensity environment. To test their physical, mental, and emotional abilities and the satisfaction of knowing they withstood the ultimate challenge, “a college style work out”.

Participants Waiver and Release

In consideration of the undersigned wrestler (“Participant”) being allowed to participate in Powerhouse Wrestling Camps, sponsored wrestling practices, meets 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 acknowledge 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 athletic competition.**

Name _____ Age _____ Weight _____

Address _____ Email _____

City _____ State _____ Zip Code _____

Father’s Name _____ Phone _____

Mother’s Name _____ Phone _____

Years of Exp. _____ School _____

Parent’s Signature _____ Date _____

Wrestler’s Signature _____ Date _____

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