



IA Junior Olympic Program

2012 High School Training

Clinician: Steve Knight enters his 18th year with Excel Wrestling and his 5th year with the Central Iowa Excel Junior Olympic Program. Steve has coached in two World Freestyle Championships, served on two US Olympic staffs, and has lead US Teams in both Pan American and World Cup competition. As a wrestler, he was a 2 x IA Prep Champion, 3 x Junior National Champion, an ISU All American and Big 12 Champion. He went on to represent the US 14 times abroad, winning a Pan American Gold medal for the US and traveling to the '92 Summer Olympic Games in Barcelona, Spain.



Working with Coach Knight is Paul Reedy, who is the Grand View University Head Assistant Coach. Coach Reedy formerly coached at Wartburg College where he produced 22 All-Americans, 11 of those being finalists.




TEACH

MOTIVATE 

CHALLENGE 

MENTOR 

INSPIRE 

The Next Level of Achievement...

IA Middle / HS Excel Program App

Location: Grand View University

Schedule: Program begins Sun. September 11

Groups: One group only (6th thru 12th)

Fall High School Program – Sept. thru early Nov

Winter High School Program – Dec thru Feb

Spring High School Program – March thru May

Program Info: The Iowa Excel Junior Olympic Program will fill two high school groups for the 2011-2012 school year. All High School wrestlers must make a commitment for the entire year beginning in early September of 2011 and finishing in late May of 2012. Our fall and winter sessions will serve as preparation for the Iowa High School State Championships with the spring preparing for the Iowa Freestyle/Greco State Championships and Fargo Nationals.

Name _____

Address _____

City, State, ZIP _____

Home Phone (____) _____ Alt. Phone (____) _____

Email _____

Birthdate _____ Approx. Weight: _____

Grade / School attending: _____

Emergency Contact Information:

Name _____ Phone (____) _____

Payment Options: (please check one)

\$700 Payment in full (covers fall, winter, spring)

Monthly Payment Plan: Winter & Spring Program \$150 initial payment due by September 1st & \$120/month for 5 months beginning in October
*By enclosing check & signing below, I authorize Excel to deduct monthly payment from checking account.

Excel Equipment Package - \$100 (please include separate check) Only available thru November 1st, includes Excel Splash shirt, Lycra shorts, Excel Singlet.



Excel Wrestling
9609 Quail Ridge
Urbandale, IA 50322
admin@excelwrestling.com
www.excelwrestling.com

Registration: The Iowa Junior Olympic Program at Grand View University is for wrestlers 6th grade and above runs from September thru May.

You may also register online @ www.excelwrestling.com

A non-refundable deposit of \$150 must be paid with this application or payment in full. **All applications are due no later than September 1, 2011.**

Payment Plans: Payment-in-full at discounted rate of \$700/year or Monthly plan: initial payment of \$150 with application, payments of \$120 each month made by bank draft* between the 1st & 8th of each month running in **October, November, December, January, February.**

I verify that my son is physically able to participate in the 2011 – 2012 Excel Junior Olympic Program. In case of emergency, I release Excel Wrestling and its staff, USA Wrestling, Grand View University from any and all liability resulting from injuries while participating in the program. I understand there is no refund for registration fee to the Excel program if parent/guardian or athlete should cancel application or fail to attend. The wrestler participating in the Excel Junior Olympic Program does so at his own risk. Excel Wrestling, nor its staff shall be held liable for any damages arising from personal injury sustained in the program.

Parent Signature _____