

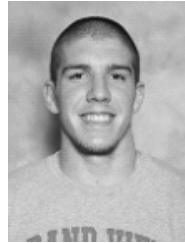


IA Junior Olympic Program ★ 2012 High School Training

Clinician: Steve Knight enters his 16th 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 Ty Knowler. Ty is a 2 x Iowa State Place Finisher for Southeast Polk HS. He wrestles at Grand View Univ. where he is a 2x NIAA Nationals qualifier.



IA High School Excel Program App

Location: Waukee HS, Waukee, IA

Schedule: Specific time/dates will be issued

Groups: Two High School Groups (8th thru 12th)

Fall High School Program – Sept. thru early Nov

Winter High School Program – Late Nov thru Feb

Spring High School Program – March thru May

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.

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The Next Level of Achievement...

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.



Excel Wrestling

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Urbandale, IA 50322
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www.excelwrestling.com

Registration: The Iowa Junior Olympic Program for High School wrestlers, 8th grade and above runs from September thru May with priority to wrestlers returning to the program.

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, Waukee High School 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 _____