



CO Jr. Olympic Program Spring Training Session

North Denver: Rory O'Farrell has been on staff with Excel Wrestling for five years. He is an outstanding coach, one of Colorado's finest! Rory was a four year varsity letterman for Cornell College in Iowa before graduating. He is a former Colorado High School State Champion and also excelled in both freestyle and Greco, competing abroad in Slovakia and Hungary. This spring, Rory will be working with both High School and Junior wrestlers.



Jesse Jantzen is new to the Excel Coaching Staff. Jesse was an NCAA Division I Champion for Harvard University and the first NCAA Champ in the history of the school. He was 3 x All American, as well as a University World Freestyle Champion in 2004. Jesse has done an outstanding job this year with the Colorado Excel Junior Olympic Program.



South Denver: Malcolm Havens grew up training in the Excel Program, wrestling on State Championship teams for Ponderosa High School. In college, he was WAC Champion and an NCAA qualifier. Since college, he has represented Team Excel at many Senior National Freestyle competitions. In 2007, he won the World Grappling Championships in Turkey. We're pleased to have Malcolm running the South Denver Junior Olympic Program for Excel Wrestling.



Schedule, Locations & Groups:

North Denver Location - Broomfield HS

Spring dates: 3/15, 3/29, 4/5, 4/19, 4/26, 5/3, 5/17, 5/31

Groups: HS Lighter weight wrestlers - Sundays, 3pm
HS Heavier weight wrestlers - Sundays, 4:30pm
Excel Junior wrestlers - Sundays, 6pm

South Denver Location - Ponderosa HS

Spring dates: 4/5, 4/13, 4/19, 4/26, 5/3, 5/11, 5/17, 5/31

Groups: One group - Sundays, 4pm (Monday practices, 7pm)

Name _____

Address _____

City, State, ZIP _____

Home Phone () _____ Other Phone () _____

Email _____

Birthdate _____ Approx. Weight: _____

Grade / School attending: _____

Location: North Denver South Denver

Emergency Contact Information:

Name _____

Phone () _____

Spring Program Info: In our Spring session, we will continue to work on collegiate style techniques/skills in preparation for national competition. As we move into mid April, we will make the change to Freestyle, working on mat strategy, the clinch position strategies, defensive turns, par terre position - both offense and defense, and throws that can be carried over into Greco Roman, as well as lifting positions for Greco. We look forward to the Spring Program!

Spring Program Cost: \$250

Make checks payable and send to:



Excel Wrestling

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Aurora, CO 80014

Phone: 303-931-3973

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www.excelwrestling.com

I verify that my son is physically able to participate in the 2008-2009 Team Excel Junior Olympic Year Round Training Program. In case of emergency, I release Junior Olympic programs, its staff, USA Wrestling, Excel Wrestling and its staff, Broomfield and Ponderosa High Schools 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 2009 Team 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 by an individual participating in the program.

Parent Signature _____