



IA Junior Olympic Program Spring Training Session

Clinician: Coach Steve Knight has been a member of the US National Teams Coaching Staff for the past twelve years, working with athletes at the US Olympic Training Center. He's coached in two World Championships, served on two US Olympic staffs, coached the 2004 US Pan American Team to a Gold Medal finish and the 2005 US World Cup Team to a fourth place finish. As a wrestler, he was a 2 x IA Prep Champion, 3 x Junior National Champion, an NCAA All American and Big 12 Champion for ISU. He went on to represent the US 14 times abroad, winning a Pan American Gold medal for the US. He's the Head Coach & Executive Director for Excel Wrestling and oversees the Iowa Excel Junior Olympic Program.



The Next Level of Achievement...

Schedule:

Junior Youth Wrestlers -
(Preparation for AAU State, followed by Spring Program)
Early March thru Mid May - Tuesday evenings, 6pm

High School Wrestlers -
(Spring Program prep for USAW Freestyle/Greco State)
Mid March thru Late May- Mon. eve (Waukee), Tues. eve (Winterset)

Locations & Groups:

Southern Iowa location - Winterset High School
Winterset Groups: Tues evenings, call for specific times
(Junior wrestlers will only train at Winterset this spring)

Central Iowa location - Waukee High School
Waukee Groups: Mon evenings, call for specific times

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!

Make checks payable and send to:



Excel Wrestling

9609 Quail Ridge
Urbandale, IA 50322
Phone: 515-331-4419
sknight@excelwrestling.com
www.excelwrestling.com

Name _____

Address _____

City, State, ZIP _____

Home Phone () _____ Other Phone () _____

Email _____

Birthdate _____ Approx. Weight: _____

Grade / School attending: _____

Emergency Contact Information:

Name _____

Phone () _____

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, Winterset High School, 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 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 _____