



# CO Junior Olympic Program 2010-2011 Training Session

**TEACH**

**MOTIVATE**

**CHALLENGE**

**MENTOR**

**INSPIRE**

**The Next Level of Achievement...**

**North Denver Program:** Evan Knight (son of Coach Steve Knight) grew up in the Excel Wrestling program in Colorado and Iowa. He is currently a US Olympic Training Center resident in Colorado Springs and will be running the North Denver Excel Junior Olympic Program. He is a 4x High School All American, 3x Iowa High School finalist, 2x Iowa State Champion. He brings a wealth of knowledge to the program.



**South Denver Program:** Mike McArthur is a long time Team Excel Coach. He has worked with Coach Knight for more than 15 years. Coach Mac will be running the South Denver Excel Program this year. He has served on the US Olympic staff, coached the US Pan American team and is former assistant coach at Oklahoma State. We look forward to having Mac with us this year!



Coach Steve Knight will also be in attendance at many of the Colorado Excel Junior Olympic Program Practices this season.

## Schedule, Location & Groups:

**Schedule:** (Sunday practice times to be announced later)

- Fall Program - September to November
- Winter Program - December to February
- Spring Program - March to May

**Locations & Groups:** (days/times TBA)

- North Denver: Broomfield HS  
6<sup>th</sup> grade thru HS - groups in Fall, Winter, Spring
- South Denver: Palmer Ridge HS, Monument  
6<sup>th</sup> grade thru HS - groups in Fall, Winter, Spring

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Other Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_\_ Approx. Weight: \_\_\_\_\_

Grade / School attending: \_\_\_\_\_

Emergency Contact Information:

Name \_\_\_\_\_ Phone: \_\_\_\_\_

- Payment in full: \$700 (includes deposit & tuition)
- Monthly Payment Plan: \$150 initial payment (enclosed) & \$120/month for 5 months  
\*By enclosing check & signing below, I authorize Excel to deduct monthly payment from checking account.
- Excel Equipment Package - \$100 (please include separate check) Consists of Excel Splash t-shirt, Excel Lycra shorts, Team Excel Singlet.

**Program Info:** Only the first 24 wrestlers in each group making a year long commitment (Fall, Winter, Spring) will be accepted into the Colorado Excel Junior Olympic Program. Fall and Winter Programs focus on collegiate style wrestling, then transitioning into freestyle in the Spring. The Excel Coaching staff works hard to place all their wrestlers on the college level and prepares them for that experience. Over the past 15 years, more than 100 Excel wrestlers have gone on to compete on the college level.

Make checks payable and send to:



**Excel Wrestling**  
3141 S. Evanston Way  
Aurora, CO 80014  
Phone: 303-931-3973  
admin@excelwrestling.com  
www.excelwrestling.com

**Registration:** The program runs from September thru May with priority given to returning wrestlers. A non-refundable deposit of \$150 must be paid with each application. **All applications are accepted on a first come, first served basis & are due no later than September 1, 2009.**

**Payment Plans:** Payment-in-full at discounted rate of \$700/year or Monthly plan: initial payment of \$150 submitted with the application, payments of \$120 each month made by bank draft\* in the first week each month of **October, November, December, January and February.**

I verify that my son is physically able to participate in the 2010-2011 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 Palmer Ridge 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 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 \_\_\_\_\_