

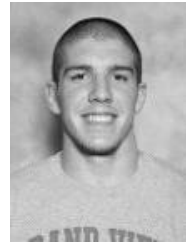


IA Junior Olympic Program 2010-2011 Training Sessions

Clinician: Steve Knight enters his 15th 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 in addition to coaching several US tours abroad. As a wrestler, he was a 2 x IA Prep Champion, 3 x Junior National Champ, an ISU All American and Big 12 Champ. 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.



Working with Coach Knight this year will be Ty Knowler. Ty is a 2 x IA State Place Finisher for Southeast Polk. He now wrestles at Grand View University where he was an NAIA Nationals qualifier. He plans to return to the Grand View lineup this season at 165lbs.



TEACH

MOTIVATE

CHALLENGE

MENTOR

INSPIRE

The Next Level of Achievement...

Schedule: (Time/date notification will be issued)

- Fall Program** – Early September thru early November
- Winter Program** – Late November thru early February
- Spring Program** – Mid March thru late May

Locations & Groups:

West DM location - Waukee High School
Fall/Winter - Sunday afternoons times TBA
Spring – Monday eves times TBA

East DM location - Grand View University
Dates/Locations to be announced

Name _____

Address _____

City, State, ZIP _____

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

Email _____

Birthdate _____ Approx. Weight: _____

Grade / School attending: _____

Emergency Contact Information:

Name _____ Phone (____) _____

Payment Option: (please check one)

- 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: We will only fill two groups for Excel Wrestling this year in Iowa. There will be one lighter weight group and one heavier weight group. Ages range from 6th grade through 12th grade. All Excel wrestlers must make a year long commitment (Fall, Winter, Spring) to be accepted to the Iowa Team Excel Junior Olympic Program. Fall and Winter will prepare for Youth and HS State Championships with Spring freestyle preparing us for the Fargo Championships.

Make checks payable and send to:



Excel Wrestling

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

Registration: The program runs from September thru May with priority given to wrestlers returning to the program from last year. A non-refundable deposit of \$150 must be paid with the application. **All applications are due no later than September 1, 2010.**

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* on the 9th 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, Grandview University, 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 '10-11 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 _____