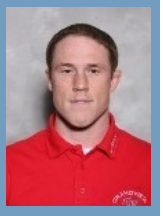
EXCEL Wrestling Presents:

2009 Train Extreme Preseason Camp

- *Teach*
- *Motivate*
- *Challenge*
- *Mentor*
- *Inspire*

Clinician Staff:



Nick Mitchell
Grandview College Coach
Former Wartburg Assistant
Wartburg 3 x All American
3 x Iowa Conference Champ

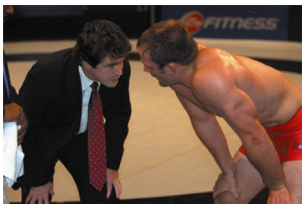
Clint Manny
Simpson Head Coach
Former Simpson Asst Coach
Simpson 3 x All American
Winterset HS State Champ

Steve Knight
US Nat'l Coaching Staff
US Pan Am Gold Medalist
ISU NCAA All American
ISU Big 12 Champion

Equipping Champions
TRAIN EXTREME
TRAIN EXCEL
For Life

Camp Information: Excel Wrestling's 2009 Train Extreme Preseason Camp will focus primarily on offense and defense on the feet. Our philosophy within the framework of Excel Wrestling and the belief of our coaches is... Matches are won "ON THE FEET". Coach Knight and the clinician staff will work on short offense, low and middle level shots, front headlock situations, scoring defensively, and a lot of "Live Wrestling". Find the edge at Excel Wrestling's 2009 Train Extreme Preseason Camp!
*All local coaches are welcome and encouraged to attend!

Locations:	Guthrie Center High School 900 School St Guthrie Center, IA 50115	Waukee Prairieview School 655 SE University Waukee, IA 50263
Dates:	November 3rd, 4th, 5th	November 10th, 11th, 12th
Time:	6 - 8:30pm each evening	
Ages:	10 - 18 years	
Cost:	$95 per wrestler	
	Groups: Six on same team - $75 each	



For more information call or email Excel Wrestling at: 515.331.4419

Extreme Training Preseason Camp Application

Make Checks payable and send to:

Excel Wrestling
9609 Quail Ridge
Urbandale, IA 50322

www.excelwrestling.com
admin@excelwrestling.com
515-331-4419

Name

Address

City, State ZIP

Weight Email

Phone

Other Phone

Adult t-shirt size: S M L XL (circle one)

Location: Waukee / Guthrie Ctr (circle one)

Emergency Contact Information:

Name

Phone

I verify that my son is physically able to participate in the 2009 Excel Wrestling Train Extreme Preseason Camp. In case of emergency, I release USA Wrestling, Excel Wrestling, its staff and Waukee and/or Guthrie Center High Schools from any and all liability resulting from injuries while participating in the camp.

I understand that there is no refund for camp registration fee paid to Excel Wrestling if parent/guardian or athlete should cancel application or fail to attend. The wrestler participating in the 2009 Excel Wrestling Train Extreme Preseason Camp does so at his own risk. USA Wrestling, Excel Wrestling, nor Guthrie Center & Waukee High Schools shall be held liable for any damages arising from personal injury sustained by an individual participating in the camp.

Signature