

# EXCEL Wrestling Presents:

## 15th Annual Winter Break Camp

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

### Clinician Staff:

#### Mark Branch

Univ Wyom Head Coach  
Former OSU Asst. Coach  
2x NCAA Nat'l Champion  
4x NCAA Finalist



#### Evan Knight

Fargo HS All-American  
3x Iowa HS State Finalist  
2x Iowa HS State Champ  
Signed with Cornell Univ



#### Steve Knight

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



**Camp Information:** The Excel Winter Break camp will focus specifically on takedown wrestling, leg riding & pinning. Technique areas: High Crotch, single and double leg finishes, front headlock finishes, duckunders, drags, short offense, defensive scoring opportunities and more. Clinician will also speak about life, motivation for the sport and specifically what it takes to step up to the next level of achievement!

\*All local coaches are welcome and encouraged to attend!

**Date:** December 28th, 29th, 30th  
**Ages:** 10 - 18 years  
**Cost:** \$95 per wrestler  
Groups: Six on same team - \$75 each

**Locations:** *South Denver*  
Ponderosa High School  
7007 Bayou Gulch Rd.  
Parker, CO

*North Denver*  
Fairview High School  
1515 Greenbriar Boulevard  
Boulder, CO 8030

**Times:** Dec. 28, 11am—4pm  
Dec. 29, noon—4pm  
Dec. 30, 9am—11am

Dec. 28, 3pm—8pm  
Dec. 29, 4pm—8pm  
Dec. 30, noon—2pm

For more information call or email Excel Wrestling at: 303.931.3973 or admin@excelwrestling.com.



### Excel Winter Break Camp Application

Make Checks payable  
and send to:

Excel Wrestling  
3141 S. Evanston Way  
Aurora, CO 80014

**CAMP APPLICATION  
DEADLINE IS THURSDAY,  
DECEMBER 24TH.**

303.931.3973 or  
admin@excelwrestling.com

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State ZIP \_\_\_\_\_  
Weight \_\_\_\_\_ Email \_\_\_\_\_  
Phone \_\_\_\_\_  
Other Phone \_\_\_\_\_  
Adult t-shirt size: (Circle one) S M L XL  
Location: (Circle one): North Denver South Denver

#### Emergency Contact Information:

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

I verify that my son is physically able to participate in the 2009 Excel Wrestling Winter Break Training Camp. In case of emergency, I release USA Wrestling, Excel Wrestling, its staff and Ponderosa and Fairview 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 Winter Break Training Camp does so at his own risk. USA Wrestling, Excel Wrestling, Ponderosa nor Fairview High Schools shall be held liable for any damages arising from personal injury sustained by an individual participating in the camp.

Signature \_\_\_\_\_