

1st Annual

BELIEVE IT WRESTLING

PRESEASON TRAINING DAY

HELD AT OLD DOMINION UNIVERSITY WRESTLING CENTER

Saturday, October 16, 2010

Cost: \$60 for Online Registration (Register Online by October 10 for a FREE T-SHIRT)

FEATURING
MARK STRICKLAND
JON SIOREDAS

Description:

Preseason Training Day:

- BELIEVE IT Wrestling provides our Virginian wrestlers with an excellent place to train together before major competitions.
- This program will include three 2-hour sessions, focusing only on specific techniques necessary for big competitions.
- We guarantee a full day of quality wrestling with quality partners. All wrestlers are welcome.

Facility: Old Dominion University Wrestling Center (43rd St. and Elkhorn Ave. Norfolk, VA 23529)

Lunch Breaks: Please pack a lunch and plenty of fluids for the breaks.

Technicians:

- Coach Mark Strickland
Head Coach at Predator Wrestling Club
USA Wrestling Coach of the Year
Brute National Most Outstanding Coach Award Winner

- Coach Jon Sioredas
Assistant Coach at Old Dominion University
NCAA All-American

Contact Information: Feel free to contact Mark or Jon with any questions:

- Mark Strickland 757.329.7085 or strickbg330@yahoo.com
- Jon Sioredas 757.572.5206 or jsioreda@odu.edu

Registration Fee:

- Online Registration \$60, available at www.WorkhorseWrestling.com (Be sure to register online by Oct.10 for Free T-Shirt)
- Walk-up Registration \$60 (Cash or money order only)

Schedule:

Saturday, October 16, 2010

9am - 10am Registration/Check-In

10am - 12pm Session I

12pm - 2pm Lunch (bring your own)

2pm - 4pm Session II

4pm - 5pm Snack / Break

5pm - 7pm Session III

REGISTRATION FORM

Name _____ School _____ Email _____

Parent/Guardian Name _____ Contact Number _____

Liability Release

I, the undersigned individual and as parent/guardian of camp member, hereby release, discourage and hold harmless the camp owners, support staff, employees, and school from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of competition and/or activities held in connection with Workhorse Wrestling. I also give my permission for the minor's photograph to appear in future promotional materials.

Signature _____ Date _____
(Parent/Guardian Signature)

www.WorkhorseWrestling.com