

INTRODUCING

FOUNDATION WRESTLING CAMPS

ONLY 50+/- kids allowed!! "Don't feel like sharing the mats with 400 other wrestlers? I wouldn't either."

Why Foundation Wrestling camps? Small group. Drill intensive. Systematic. Learn the Purler Wrestling System...follow a PLAN...get fast results.



Camp Location and Dates:

May 31 - June 4 - Carrollton, GA @ The Bonner Bldg
June 7-11 - Shreveport, LA @ Calvary Baptist Academy
June 14-18 - Dallas, TX @ Highland Park High School
June 21-25 - Garden City, KS @ Garden City High School
June 21-25 - Tinley Park, IL @ The TP Bulldog's wrestling facility
July 19-23 - Manitowoc, WI @ The X-Factor wrestling facility
July 26 - 30 - Green Bay, WI @ Bayport High School

Camp cost: \$275 (these are commuter camps...so pack a lunch)

Sessions: 9:00 – 11:30 / Lunch / 12:30-2:30 / break / 2:45-4:00 (REVIEW AND LIVE) // Friday ends at 2:30 pm.

Age – 9 – 18 (if 10 or younger, you must have at least 2 years experience to attend / average age of most of our camps is 11-16)

Camp Format: NO random moves and recreational drill time with Foundation Wrestling

Like all other camps, clinics, and training that Purler Wrestling provides, our Foundation Wrestling camps will be focused around our reknown FOUNDATION WRESTLING DVD series. At each camp, our small group of 50 or so wrestlers will be taken through all of Foundation Wrestling's Phase I and Phase II systems. After all is said and done, your son will be an expert at all that these DVDs entail. Your wrestler will have a firm grip on wrestling with their hands (Hand-Fighting) with our PUSH / PULL / HIT / PICK / PASS system, be experienced in a CORE group of leg attacks with an emphasis on CORE setups and CORE finishes. He will also be proficient with an array of CORE secondary attacks, and be an expert at riding legs.

UNDER-TEACH / OVER –DRILL – You won't learn a new 'move' every 5 minutes like at most camps. This camp is drill intensive and your wrestler can expect to his 100s and 100s of reps at camp. See www.foundationwrestling.com for our technique list and to see what our Phase I and Phase II DVD series entails...your wrestler(s) will master the bulk of this technique.

Only Nick Purler-trained staff members will be instructing your wrestler. These coaches / instructors are either former Purler Wrestling Academy students or coaches for Purler Wrestling Academy. No random high school coaches or random college kids will be in charge of the training. This camp will provide unmatched expertise and the instructors will teach in 'assembly-line' fashion and teach everything in counted-steps so the novice wrestlers can learn quickly while the more advanced wrestlers can cruise into the hard-drilling phase. Nick currently uses this system to train his Purler Wrestling Academy (PWA) wrestlers. This academy is the nation's largest wrestling school and is based in the states of Missouri, Illinois, and Kansas. Countless dedicated wrestlers travel as much as 3 to 5 hours round-trip each week to train with the Purler brothers. PWA has won four prestigious Tulsa National youth team titles in the past eight years while 19 PWA high school wrestlers have signed Division I wrestling scholarships in the past 2 years alone! PWA-trained athletes are aggressively sought after by the elite college recruiters. All students' training is structured around Nick's Foundation System of wrestling. **Industry leaders have dubbed the Foundation System DVDs as the best instructional product ever produced for the sport of wrestling. Something we are very proud of!**

On-line registration is available at www.FOUNDATIONwrestling.com and visit www.PURLERwrestling.com for details on PWA and our TAKEDOWN MACHINE DRILL CAMP in St. Louis, MO...an over-night camp which drew kids from 38 states last year. Nick Purler – 314.229.3540

