

# FREESTYLE & GRECO PROGRAM



## Intensive Training for the Dedicated Wrestler...

*It's all about improving...*

Elite Wrestlers will learn the attacking style that amassed Jerry Best more than 650 takedowns en route to four Oklahoma state championships with a 127-0 high school record, as well as 3 NCAA II National Championships.

## In this exclusive program, Coach Best will train on:

- Chain drilling from neutral position
- Setups and finishes for high crotches, low singles, sweep singles, duck unders, drags, inside trips, and throws.
- Top position for Freestyle and Greco Roman will be covered
- Bottom defense for Freestyle and Greco Roman

*This program is very rigorous with at least 30 minutes of live wrestling each day.*

**Practice Schedule:** Freestyle/Greco Season: February 29<sup>th</sup>, 2016 – July, 2016 ~ M, T & Th 6:00 - 7:30pm

**Program Cost only: \$140 (includes club fees and USA card) additional equipment can be selected below\***  
**Program plus equipment package (one of each below): \$350**

\*Discounts for multiple family members & payment schedules available. Equipment can be ordered separately.

### **Fee & Order form due by February 29th, 2016.**

Checks made payable to Best Trained  
Form and Payment may be mailed-in if received by 2/22/2016:  
Best Trained Wrestling, LLC  
701 Sycamore Creek Rd  
Allen, TX 75002

### **Questions?**

**Contact Coach Best \* Phone: 214.244.9037 \* [besttrained@earthlink.net](mailto:besttrained@earthlink.net)  
[www.besttrained.com](http://www.besttrained.com)**

## **About Coach Best**

- Head Coach, Allen High School
  - 4x Oklahoma High School State Champion, Undefeated
  - 3x NCAA II National Champion
  - Espoir National Freestyle Champion
- Assistant Coach – University of Central Oklahoma

Coach Best has been coaching for 16 years, and has coached 27 wrestlers who have or who are competing in college. He has coached 67 high school state placers in Oklahoma and Texas, 28 of which were state champions. In 2007 & 2009, Coach Best received DFW Area Coach of the Year honors. Coach Best was Region III Coach of the Year (CoY) 2009, '10, '11 & Region II CoY in 2013. He received Texas State High School CoY honors in 2009 & 2011, as well as 2013 NWCA Texas CoY and Region 6 National CoY and 2014 NFHS Texas Coach CoY and Section 6 National CoY.

Jerry Best has also coached 111 age group USA All-Americans or National Champions in folkstyle, freestyle and Greco. This includes 4 Cadet World Freestyle members, 1 Junior World Freestyle medalist and 1 University World Freestyle medalist. In the last few years, he has led 220 wrestlers to state placing finishes with 82 TX State Champs, 61 National Champions, 6 Trinity Award Winners, 6 World of Wrestling Wrestlers of the Year and 6 Triple Crown Winners.



# BEST TRAINED WRESTLING: FREESTYLE ENTRY & ORDER FORM

## Best Trained Wrestling entry and release form:

Wrestler's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ DoB: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Choose one: \_\_\_\_\_ Program only (\$140 + any equipment below)  
\_\_\_\_\_ Program + Equipment Pkg (\$350 total, includes one of each below)

### Sizes: (Enter size and circle Y-Youth or A – Adult)

Singlet \*\* \_\_\_\_\_ Y A \$70 each/\$140 both \*\*Circle One: Red Blue Both

Short Sleeve Dri-fit T \_\_\_\_\_ Y A \$25 each

Long Sleeve Dri-fit T \_\_\_\_\_ Y A \$30 each

Sublimated Fight Shorts \_\_\_\_\_ Y A \$45 each

**Total:** \_\_\_\_\_

### PARENT/GUARDIAN RELEASE

I hereby waive and release for myself and my heirs, any and all rights or claims I may have against Best Trained Wrestling L.L.C., any affiliates or subdivisions of Best Trained Wrestling L.L.C., any school or facility in which Best Trained Wrestling L.L.C. practices, camps or tournaments are conducted, and each of their respective agents, employees, servants, officers, directors, and representatives, for injury or illness arising out of or in anyway connected with my participation in Best Trained Wrestling L.L.C. I further agree to indemnify and hold harmless of each said persons or property which may arise by virtue of my participation in Best Trained Wrestling L.L.C. I understand there are certain risks and dangers associated with all activity involved in the Best Trained Wrestling L.L.C. and the use of the facility. Injuries can and do occur during Best Trained Wrestling L.L.C. I hereby grant permission for trainers, doctors and their designees to administer appropriate medical care, antignens or injuries, and to perform emergency procedures as necessary. Participant, agrees to waive any claim against Best Trained Wrestling L.L.C. for ANY DAMAGE, LOSS, COST, EXPENSE OR LIABILITY RESULTING FROM PERFORMING (OR FAILING TO PERFORM) ANY DUTIES OR FUNCTIONS, AND PCI IS HEREBY RELEASED FROM LIABILITY TO THE PARTICIPANT OR HIS PARENTS FOR ANY AND ALL DAMAGES, LOSSES, COSTS, EXPENSES AND LIABILITIES ARISING OUT OF ANY INCIDENT TO OR RESULTING FROM SUCH PERFORMANCE OR FAILURE TO PERFORM, EVEN THOUGH CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE (WHETHER BY ACT OF OMISSION OR COMISSION), GROSS NEGLIGENCE, STRICT LIABILITY OR OTHER LEGAL FAULT OF PCI.

**Video/Photo Release** I hereby give permission for images of the participant, captured during the Best Trained Wrestling L.L.C. program listed through video, photo and digital camera, to be used solely for the purposes of Best Trained Wrestling L.L.C. promotional material and publications, and waive any rights of compensation or ownership thereto.

Signing the guardian signature states that you understand and agree to the terms of the Release of Liability and Video/Photo Release.

Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*\*\*Signature must be in place in order for child to participate**

Best Trained Wrestling does not discriminate on the basis of race, color, sex, age, national origin, religion, sexual orientation, or disability in matters affecting employment or in providing access to programs. Inquiries related to the policies of Best Trained Wrestling should be directed to Jerry Best (214)244-9037.

**Best Trained Wrestling**  
**Phone: 214.244.9037**  
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