

Best Trained Wrestling release and information sheet.

Wrestler's Name: _____

Guardian Name: _____

Address: _____

City: _____ Zip Code: _____

Phone Number: _____

Email: _____

Wrestlers DOB: _____ 2015 grade level* _____

Shirt Size: Y/A _____

Lodging Assistance Needed? Y / N

PARENT/GUARDIAN RELEASE

I, the undersigned, hereby certify that I am the parent or legal guardian of the wrestler. I hereby give permission for the staff of Best Trained Wrestling to seek, during the season, appropriate medical attention for the wrestler and for the wrestler to receive medical attention in the event of accident, injury or illness. I will be responsible for any and all medical costs for treatment and or attention. I, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Best Trained Wrestling, Jerry Best and Allen Independent School District, the camp and its staff, officers, agents, employees, representatives, successors, and assign of and from all rights and claims for damages, injury or loss to person or property which may be sustained during participating in camp activities or while at camp, whether or not damages, injury or loss is due to negligence.

Wrestler's Name _____

Date _____

Parent/Guardian Signature _____

Date _____

Parent/Guardian Name (please print)

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.

*Must be 6th grade or above for this camp

Performance



It's All About Improving...

An exclusive camp for the dedicated wrestler, the Best Trained Elite Intensified Wrestling Camp is designed specifically to improve wrestling performance and strength.

...Are You Satisfied?



Best Trained Wrestling
Phone: 214.244.9037
besttrained@earthlink.net
www.besttrained.com



Best-Trained Elite Intensified Camp

Featuring:

- Chris Pendleton** – Asst Coach, Arizona State University
- Jerry Best** – Head Coach, Allen High School
- Matt Surber**- Head Coach, Tuttle High School -Tuttle, OK



June 15-18, 2015

An Elite, Intensified Camp for the Dedicated Wrestler...

Phone: 214.244.9037
www.besttrained.com



Best Trained Elite Intensified Camp

Cost: \$200

Application and \$100 Deposit* mailed by
May 22, 2015 to:

Best Trained
701 Sycamore Creek Rd
Allen, TX 75002

Schedule:

****Lunch provided daily 12-1pm****

June 15

Register 9:30am-10:00am

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

June 16

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

June 17

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

June 18

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

Location:

Lowery Freshman Center North Gym
120 North Jupiter
Allen, TX 75002

Questions? 214.244.9037



About Coach Pendleton

- Assistant Coach, Arizona State University
- 2x NCAA Div I National Champion
- 3x NCAA Div I All-American
- 3x USA National Team member
- Led OSU to 3 straight NCAA Team Titles

About Coach Jerry Best

- Coached 6X UIL State Champions
- Coached 7X THSWCA Dual State Champions
- 4x Oklahoma High School State Champion (undefeated)
- 3x NCAA II National Champion & Hall of Fame Member
- Espoir National Freestyle Champion
- Cadet National Freestyle runner-up
- Assistant Coach - University of Central Oklahoma

About Coach Matt Surber

- Head Coach Tuttle High School Tuttle, OK
- Coached 7X Oklahoma 4A State Champions
- Coached 6X OK 4A Dual State Champions
- Oklahoma High School State Champion
- NCAA Div. II National Runner up

Philosophy

Elite Campers 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 camp, coaches will train campers on:

- Chain drilling from neutral position
- Chain drilling from top position
- Setups and finishes for high crotches, low singles, sweep singles, duck-unders, drags, inside trips, and throws.

This camp is open to wrestlers going into 6th grade and above. It will be very rigorous with at least one hour of live wrestling each day.

Lodging Assistance

Out of state/area campers will receive lodging assistance if requested. Must be indicated on registration form and coordinated with Jerry Best directly.