

**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 6<sup>th</sup> 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](mailto:besttrained@earthlink.net)  
[www.besttrained.com](http://www.besttrained.com)



**Best-Trained Elite Intensified Camp**

Featuring:

- Chris Perry** –Asst Coach,  
Oklahoma State University  
2X NCAA Champion  
3X All American
- Jerry Best** – Head Coach,  
Allen High School
- Matt Surber**–Head Coach,  
Tuttle High School -Tuttle,  
OK



**June 6-9, 2016**

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

**Phone: 214.244.9037**  
**www.besttrained.com**



## Best Trained Elite Intensified Camp

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### Cost: \$200

Application and \$100 Deposit\* mailed by  
May 20, 2016 to:

Best Trained  
701 Sycamore Creek Rd  
Allen, TX 75002

### Schedule:

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

#### June 6

Register 9:30am-10:00am

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

#### June 7

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

#### June 8

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

#### June 9

Session 1: 10am – 12pm

Session 2: 1pm – 4pm

### Location:

Allen High School Wrestling Room  
301 Rivercrest Allen, TX 75002  
Allen, TX 75002

Questions? 214.244.9037



#### About Coach Perry

- Assistant Coach, Oklahoma State University
- 2x NCAA Div I National Champion
- 3x NCAA Div I All-American
- 3x USA National Team member
- 4x OK High School State Champion
- 2009 Jr. National Freestyle Champion

#### About Coach Jerry Best

- Coached 7X UIL State Champions
- Coached 8X 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 8X Oklahoma 4A State Champions
- Coached 7X 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 6<sup>th</sup> grade and above. It will be very rigorous with at least one hour of live wrestling each day.

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### 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.