

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, The Coaches 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: March 4th, 2019 – July 2019 ~ M, T & Th 6:00 - 7:30pm

Program Cost only: \$150 (includes club fees and USA card) additional equipment can be selected below*

****If the wrestler already has a USA card please subtract \$40.00 of the cost****

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

Fee & Order form due by March 4th 2019.

Checks made payable to Best Trained
Form and Payment may be mailed-in if received by 3/4/2019:
Best Trained Wrestling, LLC
701 Sycamore Creek Rd
Allen, TX 75002

Questions?

**Contact Coach Best * Phone: 214.244.9037 * besttrained@earthlink.net
www.besttrained.com**

About the coaches:

Jerry 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

Gene "Oliver" Pierce III

- Arizona State University
- NCAA Qualifier 4 Year Letterman
- 2x Texas H.S. State Champion 4x Placer
- 8x Fargo All American 3x Fargo National Champion
- UWW Cadet World Freestyle 5th Place
- UWW Cadet Freestyle National Champion
- 2013 Asics 1st Team All American

Charlie Haas

- Seton Hall University
- NCAA All American/Academic All American
- Asst. Coach Frisco Bombers 2013-2018
- 2x State Qualifier
- Fargo Freestyle All American

Spencer Rutherford

- University of Central Oklahoma/Labette Community College
- 2x NCAA II National Qualifier
- 2x NJCAA All American
- 3x Oklahoma State Finalist



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 (\$150 + any equipment below)

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

Singlet ** _____ Y A \$60 each/\$120 both **Circle One: Red Blue Both

Short Sleeve T _____ Y A \$25 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, antgens 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.

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