

# G2 POWER WEEKENDS

Hosted by Elite fitness & Martial Arts

G2 World Wrestling Academy proudly presents a 3 part series for the next level wrestler in you. The combined weekend series will focus on all three aspects of wrestling: neutral, mat, and wrestling awareness. All 3 weekends will be held at G2 World Wrestling Academy located inside Canal Business Park: 1555 Lyell Avenue Suite 137 Rochester NY 14606.

- **When:** Weekend **A** - May 29<sup>th</sup> - 31<sup>st</sup>, **B** - June 5<sup>th</sup> -7<sup>th</sup>, **C** June 12<sup>th</sup> - 14<sup>th</sup>.
- **Deadline for Pre-registration** - Wednesday May 20<sup>th</sup>, 2015
- **Schedule:** Friday night 7pm- 9pm, Saturday& Sunday 9am-12pm
- **Cost:** Each session is \$80 or all 3 for \$200. Discounts available for families and current G2 members. 25% off additional family/G2 member.
- **Limited** to 40 wrestlers per session. **Pre-registration only.** No walk-ins.
- Please make checks payable and mail to: G2 Wrestling 15B Marple Lane Hilton NY 14468
- Bring a water bottle, extra workout shirt, and wrestling gear.
- Parents may stay and observe but no coaching during live goes. Seating is limited please bring a chair if you wish to stay. Open to all wrestlers K-12<sup>th</sup> grade.

## Information:

**Name** *(First/last)* \_\_\_\_\_ **Age:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Session** *(please circle all that you wish to attend)* **A, B, C** or **All 3 Weekend Power Clinics**

**Amount enclosed:** \$ \_\_\_\_\_ **T-Shirt Size:** YM, YL, AS, AM, AL, AXL

**School District:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent/guardian:** \_\_\_\_\_

**Contact:** Adam Burgos - [adamburgos@g2wrestling.com](mailto:adamburgos@g2wrestling.com).

## Weekends focus

- ✓ **A** - Takedowns/finishes & throws
- ✓ **B** - Funk & cradles
- ✓ **C** - Legs & tilts

