

WEBSTER THOMAS WRESTLING BRINGS THE PURLER WRESTLING  
ACADEMY TO WEBSTER THOMAS.

NO DRILL ROUTINES.... NO SUCCESS, Get the Purler Academy routines in place and  
set fire to your wrestling!

Affordable camp training opportunity

EACH CAMPER GET THE ONLINE PURLER VIDEO SERIES (\$200 value)

DATES AND LOCATION: JULY 11-15, Webster Thomas Field house

SESSION TIMES: 9-11:45/ lunch/ 12-2:45/ Break/ 3 to 4:00

FEES: \$250, can prorate if missing a day, also will discount 10 dollars for each sibling

Payment form- CASH, CHECK or VENMO @Titanwrestling

Checks Payable to: Titan wrestling club

AGE REQUIREMENT: 11-18 years or wrestlers entering senior year, (if wrestler is younger and has  
experience we can make exceptions) All wrestlers are required to participate in all camp sessions.

Shirt Size \_\_\_\_\_

Please end payment to: Neil Cook, 47 Tuscany lane, Webster, NY, 14580

For questions-please call Coach Cook at 585-764-8328- or email me at [Neil\\_cook@webstercsd.org](mailto:Neil_cook@webstercsd.org). This  
camp is a Purler Wrestling Academy SYSTEM CAMP, but is offered by Coach Cook. Therefore, all  
questions should be directed towards me. Thanks in advance

SPACE IS LIMITED TO 50 wrestlers

Please bring your own cooler for lunch/drinks and snacks. There will concessions between sessions as  
well ( Pizza/ fruit/ water)

RELEASE FORMS & WRESTLER REGISTRATION

Release, Waiver and Indemnity, I agree to release, waive, discharge and covenant not to sue Purler/ Webster Thomas Wrestling and the camp and their respective owners, officers, directors, employees, staff, volunteers, and agents (the "Releasees") from any and all Liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage or injury, including death (each, a "loss"), that may be sustained by me or the athlete or to any property belonging to any of us, while participating in camp activities or while at the Purler/ Webster Thomas Wrestling facilities or the camp, REGARDLESS OF WHETHER SUCH LOSS BY THE NEGLIGENCE OF ANY OF THE RELEASEES or otherwise, and regardless of whether such liability arises in tort, contract, strict, liability or otherwise, to the fullest extent allowed by law.

I further agree to exonerate, save, indemnify, and hold harmless the Releases from any and all Losses of any kind of nature whatsoever which may arise from or in connection with the athlete's conduct all the camp and his or her participation in any camp activities including, without limitation, personal injury, and any breach of this agreement by me or the athlete.

It is my express intent that this agreement shall bind the members of my family and spouse, if any, and my heirs, assigns and personal representatives and shall be deemed as a release, waiver, discharge and covenant not to sue the above-named Releasees.

In signing this agreement, I acknowledge and represent that I have read this agreement, understand it and sign it voluntarily as my own free act and deed, I am at least eighteen years of age and fully competent, and I execute this agreement for full, adequate and complete consideration fully intending to be bound by the same. Further, I have reviewed this agreement with the athlete and he or she fully understands and agrees to follow all of the terms of this agreement while attending Purler®/ Webster Thomas Wrestling camp. All information I have provided to Purler®/ Webster Thomas Wrestling camp in the camp application or otherwise is accurate and complete

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

ATHLETE'S NAME" \_\_\_\_\_

DATE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

BEST CONTACT NUMBER: \_\_\_\_\_

## TEAM CAMP/ WRESTLER REGISTRATION FORM

CAMP DATE: JULY 11 to the 15	LOCATION: THOMAS WRESTLING ROOM
WRESTLERS NAME:	Age at camp _____ Height _____ Weight _____  *please note: All wrestlers are grouped according to their AGE, WEIGHT and EXPERIENCE. IF no appropriate partner(s) is registered, you may be required to find one or receive a refund
PARENTS NAME'S  DAD _____  MOM _____  GUARDIAN _____	INSURANCE COMPANY _____  POLICY # _____  PHONE# _____
EMAIL (THIS IS IMPORTANT FOR CAMP UPDATES. THESE ARE NOT USED FOR SOLICITATION AND WILL NOT BE SHARED WITH THIRD PARTIES)  _____  EMERGENCY CONTACT INFORMATION  PERSON 1 _____  PERSON 2 _____	MEDICAL RELEASE  WAIVER: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize Purler Wrestling, INC and Webster Thomas Wrestling to act for me, according to its best judgement in any medical emergency, and I waive and release Purler Wrestling, INC. from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct.  Signature _____  Printed Name _____  Date _____

# PURLER TRAINING CAMP

## WHAT DOES MY WRESTLER GET OUT OF THIS CAMP?

- Affordable Commuter Camp Training Opportunity
- A \$200 FREE Purler Wrestling Video Series
- 30 hours of instruction

After the PRIVATE TEAM CAMP, you will have the ability to run your program with the precision of a Swiss watch, and create astonishing results that are reproducible year after year, regardless of who is in the lineup, or at the coaching helm.

NO DRILL ROUTINES. NO SUCCESS. Get the Purler Academy's drill routines in place and set fire to your wrestling

In 2005, The Purler Academy took their system public so that anyone with a desire to succeed could learn and coach this complicated sport. For 100+ years, coaches have asked: "Why isn't wrestling broken down into a belt-system like Karate and BJJ do? Well, we did that in the late 90s when we started the nation's FIRST wrestling academy. With the Purler Wrestling online academy, the sport of wrestling is broken down into 4 parts: Basics, Phase I, Phase II, and Phase III. Gymnastics has LEVELS. Martial Arts has a BELT system. Wrestling has PHASES. We cover the core of our system in these camps, and for the 5-day camp, we get through our entire program!!!

### SOME QUALITY ADVICE FROM PURLER CAMPS:

How to make up for lost time: The good thing is that most wrestlers who have 6 or so years of experience really have only practiced 4 months a year during that time. So, they actually only have 2 years of wrestling experience. If you commit to training 2x to 4x a week, year-round, you can catch the competition.... FAST. Furthermore, if you train according to a plan, like a dedicated bodybuilder, or a serious gymnast does, instead of just "working out", The time you spend could be 20x more productive than those who are not training in an organized fashion.

At Purler Wrestling, our wrestlers learn to keep a TASK BRAIN, meaning we only think about what we need to do to win and or put ourselves in the best position to win. We are obsessed with this approach: "I will have the best stance in America, score every chance I get, and I refuse to worry about anything else.... "Whatever happens, happens."

To find out more about Purler Wrestling go to [Purlerwrestling.com](http://Purlerwrestling.com).