

# WEBSTER THOMAS HOSTS 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).

## 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)

Please bring your own cooler for lunch/drinks and snacks. NO FOOD OR DRINK INSIDE THE WRESTLING FACILITY

DATES AND LOCATION:

JULY 10-14, Lakefront Soccer club, 856 Publishers Parkway, Webster, NY 14580

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 20 dollars for each sibling

Youth wrestlers welcome- make sure you have a partner around same size- can prorate price for a shorter camp experience

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.

Please send 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

We have room for 70 athletes.