



“Those Who Stay Will Be Champions”

High School Training Sessions **“TECHNIQUE TRAINING”** **Kansas City, Mo.**

WHEN: Begins March 1st Mon, March 2nd Tuesday. Runs Thru October.

WHERE: Mondays at Ray Pec HS 5-7pm
Tuesdays at Kearney HS 4-6pm

WHO: 8th graders up to HS age wrestlers. Skill level is not important. All wrestlers will get equal time, and NO wrestler will be some ‘good’ wrestlers training dummy.

TUITION: \$85/ Month. (\$110, should you wish to attend both Mon n Tues each week)

FOCUS: Focus will be on key techniques, risk free techniques, footwork, controlling the match, beating better athletes, trouble shooting all bad positions, and winning all the common positions in our sport. Lastly, your son should become much more athletic and physical in his wrestling style by the end of the program. Wrestling is about positioning, not who knows the most moves, or who’s done the most live during the summer. Once is week is a small commitment, but it works, and it has been since 1999!

TYPICAL SESSION: Approx: 1:30 min of Technique, 30-40 min of live.

ABOUT PWA:

Tony’s ‘athletic resume’: NCAA Champ, 2X All American, US Nat’l Champ (3X finalist), World Cup silver medalist, 2x US World Team member, World Place Winner.

Tony Spent 9 yrs as a Division I College Coach; Okla State, Univ. of Okla, Clarion Univ. of PA. With this resume’, it’s easy to see why most choose PWA over other academies.

PWA Students: 40% of all pwa’s youth state qualifiers reached the state finals in 6 out of the last 7 yrs. 19 pwa members signed Div I college scholarships the past 2 years.

HOW TO JOIN: Contact Tony at tony@purlerwrestling.com for an application. Or go to www.tonypurler.com, print off an application, and bring application with payment to your first workout. Tony Purler 7710 SE Moore Dr. Holt, Mo. 64048