

# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell # \_\_\_\_\_

EMAIL \_\_\_\_\_

School/club \_\_\_\_\_ Grade in Fall \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ T shirt size \_\_\_\_\_

Session 1 May 23 – July 16 \_\_\_\_\_

Session 2 Aug.1 – Sept. 24 \_\_\_\_\_

## WAIVER STATEMENT

I hereby waive, release, and forever discharge Wisconsin Wrestling Academy and any/all of their representatives from any liability or property damage that may occur during participation in this Academy. I am aware of the risks involved with wrestling and verify that this participant is physically fit to participate. I grant permission for my son/daughter to receive medical treatment by a medical professional should an emergency arise.

Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Date \_\_\_\_\_

Mail Registration Form & Payment to:

Wisconsin Wrestling Academy  
N218 Stoney Brook Rd.  
Appleton, WI 54915

## Wisconsin Wrestling Academy

### Philosophy

Each student-athlete will leave the Wisconsin Wrestling Academy with a thorough knowledge of the four areas of athletic development - technical, physical, mental and nutritional.

The Academy will focus on developing the technical component. But the staff will also lecture on the mental and nutritional preparation needed to excel in wrestling. Wrestlers will also learn about various workouts the collegiate coaches implement in daily training.

As clinicians, we are aware of the importance of one-on-one instruction. Our staff is willing to help through private lessons any athlete to ensure that each and every wrestler gets the most out of our academy.

Our philosophy on technique centers around the use of the legs and hips. An athlete's power is in the legs and hips, and these concepts are stressed throughout the academy. We believe the ability to take ones opponent down is of vital importance. Most championships are won in the neutral position.

Wisconsin Wrestling Academy's staff believes people are measured not only by what they do, but by the way they do it. During the academy, each student-athlete will be taught that performing like a champion on the mat requires acting like a champion off the mat.

### FACILITY FEATURES

**Summer Academy held on 3 FULL size mats**  
**We stress safety and good sportsmanship**  
**All mats are cleaned daily**  
**Spectator friendly with 5 rows of seating**  
**Large clean restrooms and changing rooms**  
**Full concessions available every class**  
**The BEST coaches in the state**



N218 Stoney Brook Rd.

Appleton, WI 54915

920-830-3932

[www.wisconsinwrestlingacademy.com](http://www.wisconsinwrestlingacademy.com)

Providing some of the BEST coaches in  
Wisconsin

**Dennis Hall 3 time Olympian**

**Pete Rogers Lakeland College**

**Johnny Johnson UW Stevens Point**

**Matt Zwaschka UW Whitewater**

## Champions

Expect More Than Others  
Think Is Possible

# Meet the Staff



## Dennis Hall

3 time Olympian 1992, 1996 (Silver Medal), 2004  
1995 World Champion  
10 time US National Champion



## Pete Rogers

Head coach, Lakeland College  
Guided Lakeland to nation's Top 30 in the last two years  
Three-time Wisconsin high school state champion  
145-1 HS record Ohio State Univ. Team Captain  
Two-time NCAA Qualifier, Ohio State Most Pins

## Johnny Johnson

Head Coach UW Stevens Point. Johnson wrestled at the University of Oklahoma, he was a two-time Division I All-American compiling 135 wins over four seasons. International experience as a member of three U.S. National teams and an alternate to the 1988 U.S. Olympic squad.



## Matt Zwaschka

Head Assistant coach UW Whitewater He earned NCAA Scholar All-American honors twice. Team captain in 2003, WIAC championship at 165 lbs and qualified for the NCAA tournament. He went 43-26 in his four seasons and gained international experience as a member of a Division III All-Star team that competed in Bulgaria and Turkey.



# Course Description

## Beginner: ages 5-10

When: Sunday 4:00- 5:00 and Wednesday 5:30 – 6:30  
Cost: 100.00 per student for 16 classes  
This class is for anyone from 5-10 years of age and has 0-5 years of wrestling experience. Basic skills such as takedowns, mat wrestling and pinning combinations will be taught. Campers will also learn about nutrition, sportsmanship and goal setting. Competition and wrestling-related games will be included. These camps will be enjoyable and beneficial for your young wrestler. The class will be divided into 3 groups 5-6 / 7-8 / 9-10 year olds. Limited to first 60 wrestlers 3 full size mats

## Intermediate: ages 11-14

When: Sunday 5:00 – 6:30 and Tuesday 5:30 – 7:00  
Cost: \$150.00 per student for 16 classes  
This class is for the wrestlers who want to bring it to the next level. It will focus on all areas of competition including drills and daily live wrestling. Wrestling from the neutral position has become the most important aspect of wrestling any style. To be a champion, you must be able to dominate your opponent on your feet and take him to the mat. This camp will provide wrestlers with instruction in all aspects of wrestling so they may become dominant on the mat. This class will be divided based on skill level. That division may change as they progress throughout the session. 3 full size mats

## Advanced: ages 15-18

When: Sundays 6:30 – 8:15 Wednesday 7:00 – 8:45  
Cost: \$200.00 per student for 16 classes  
This class is designed for the athlete who wants to learn to drill the percentage techniques and test those techniques in live wrestling situations. Wrestlers will receive technical instructions and practice drilling these techniques in a structured, high-intensity environment. The staff will provide weekly analysis and critique of each wrestler's performance. This camp is about learning to compete. The staff will focus on developing the toughness, intensity and self-confidence that is needed for victory. This class will be divided based on skill level. That division may change as they progress throughout the session. 3 full size mats

# Tournaments

## Summer Sizzler:

4 man round robin tournament.  
July 24 ages 5-14 - July 25<sup>th</sup> ages 15-18 and an Old Timers age 19-35 The cost is \$15.00 per wrestler maximum of 300 wrestlers per day.  
Registration deadline is July 17

## Dynamic Dual:

When: July 31 Cost: \$500 per team  
12 Team dual tournament 5 matches per team

## High School Team Invite:

When: August 28. Cost: \$500 per team  
For top teams around the state high level competition.

## Fall Frenzy:

When: September 4<sup>th</sup> for ages 5-14  
September 5<sup>th</sup> ages 15-18 & old timers 19-35  
4 man round robin. \$15.00 per wrestler

# Wrestling Camps

## Middle School Pre-Season Camp

When:

## High School Pre-Season Camp

When: November 7<sup>th</sup> – 12<sup>th</sup>  
5:30-7:00pm and 7:15-8:45  
Cost: \$150.00 Limit of 25 wrestlers per class.