

Application

Get DVD Parts 1 and 2 for \$60 with signup for Summer Camps – a 50% Savings on these DVDs!

Please check the camp you wish to attend:

- Attack System Training Camp (June 27–July 1)
- Intensive Training Camp (July 5–10)
- Youth Training Camp #1 (July 14–16)
- Youth Training Camp #2 (July 21–23)
- I want Attack System DVDs 1 and 2 (add \$60 to price of camp)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Grade, Fall 2010: _____

School: _____

Birth date: _____ Height: _____ Weight: _____

Commuter or Resident (Circle one)

Roommate Preference: _____

Name of parent/guardian: _____

Accomplishments: _____

Insurance card: Please attach copy.

I agree to hold harmless Randy Simpson, staff, property owners and coaches, from and against any injuries sustained by the camper. The understanding hereby releases, waives, and forever discharges Randy Simpson and Randy's Attack System Wrestling Camps from and against any and all claims, injuries, demands, actions, or cause of actions arising out of the participation by the camper in Randy's Attack System Wrestling Camp.

I authorize the camp director and/or staff to act in my behalf regarding any situation requiring discipline or medical attention.

My son is physically fit to participate in this camp, according to his family doctor. I understand no refunds are available after registration.

Signature of parent/guardian _____ Date _____

Complete form and send to:

Randy Simpson, Box 1234, Reynoldsburg, OH 43068

"Make checks out to Randy Simpson"

Cost:

Attack System Training Camp:

Held at Denison University
\$400 (For Resident), \$460 w/purchase of DVD set
\$335 (For Commuter), \$395 w/purchase of DVD set
Deposit due with Application: \$300, \$360 w/purchase of DVD set

No refunds

Intensive Training Camp:

Held at Denison University
\$480 (This is a Resident-only camp - No Commuters), \$540 with purchase of DVD set
Deposit Due with Application: \$360, \$420 w/purchase of DVD set

No refunds

Youth Training Camps: For athletes going into grades 2 through 6 in Fall 2010.

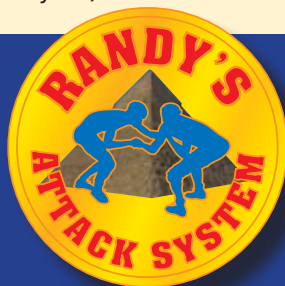
\$220, \$280 with purchase of DVD set
Non-refundable Deposit due with Application: \$140, \$200 with purchase of DVD set
Youth Camps are conducted at our home facility in Reynoldsburg

Discounts: (can use ONE of the following):

- \$50 discount for Club Simpson Elite athletes
- \$20 discount for Club Simpson athletes
- \$20 off per camper if 6 or more from same school in same camp
- \$20 discount for Attack System Academy, Full Members
- \$20 discount for personal training athletes (10 hours or more)
- \$20 discount for Small Group Training Athletes)

Extra Discount (can use with above discount)

- \$10 off early registration (Deposit and form in by February 1st)



For more info on Randy Simpson's Training System, including camps, clubs, DVDs and personal training, go to:

www.randyswrestlingsite.com

or call: 614-861-6964

or send email to: Randy@randyswrestlingsite.com

Randy Simpson's Attack System Wrestling Camps



Attack System Training Camp June 27–July 1, 2010

- Ideal for the entire team as well as individuals
- For athletes going into grades 6-12 in fall 2010

Intensive Training Camp July 5–10, 2010

- Intensive training for the advanced wrestler
- for advanced high school and junior high athletes
- Must apply and be accepted

Youth Training Camps: July 14–16, 2010 July 21–23, 2010

Attack System Philosophy:

Every time your opponent makes contact with you, he gives you a scoring opportunity.

There are three fundamental elements to the Attack System:

1. Position yourself so you can't be attacked
2. Shut down your opponent's offense from every position
3. Break your opponent so you can score

Learn essential scoring technique: The moves that are used 90% of the time to score, such as:

- Leg Attacks: Set-up, proper position, finishing
- Close Ties: underhook and 2 on 1, defending against them and scoring with them.
- Short Offense/Short Defense: Shut down the opponent's positions of advantage
- Counter Attacks: Score quickly off the opponent's positions of advantage
- Defense system: Four Essential steps to shut down a deep attack and create a scoring opportunity
- Top System:
 1. Pressure and control
 2. Multiple scoring methods
- Down System:
 1. Positioning and Hand Fighting
 2. Escape methods
 3. Counter Opponent series (leg, spiral, cradle, ankle ride counters)

Learn the techniques that work on the best athletes



"I have trained top level athletes for many years and know what it takes to succeed at the highest level: basically, doing what others aren't willing to do. Being physically and mentally tough through hard training, and excellent technique. The best live it - they push harder when they are tired, and they do things right. Those are the guys that own the 3rd period and win the close matches. The athletes that train with me will be trained to win at the highest level, just as others before them."

About Randy Simpson

Randy Simpson has used his 20 years of coaching experience to form Attack System Wrestling. His system has helped numerous athletes from around the country to win state championships and become All-Americans at every collegiate level: Division 1, 2, 3 and NAIA.

Randy's successful training methods are utilized in his Attack System Academy clubs, as well as his freestyle/greco club (Club Simpson), and also through personal training sessions and team camps.

Simpson coached in the college ranks for 15 years, 8 as head coach at Capital University, leading the school to a top 20 finish in 1999, and spent much of 2000 in the top 20, a first for this academic-minded school. The wrestling program was the only men's Top 20 team in the 15 years that Simpson was coaching there.

As a competitor, Simpson earned All-American status in 1986, finishing 3rd in the NCAA Nationals in 1986. He was also AAU National Open Champ (MVP), and wrestled in Olympic Trials in 1984, 1988 and 1992, finishing 2nd in the Iowa Regional in 1992, and placing in several other qualifiers.

Today, Randy Simpson runs the highly successful Attack Club, as well as a freestyle/greco club, and personally trains many athletes. 3 of Central Ohio's 4 State Champs in 2005 came out of Simpson's programs, as well as 6 State Finalists (one from Minnesota) in 2006.



2009 Youth Training Camp

Meet the Staff:

Mike Miller: Head Coach, Fairfield Union HS; Collegiate All-American

Brian Nicola: Head Coach, Olentangy Orange High School

Mike DeHart: 3rd at Masters World's, Personal Trainer

Mike Hall: Assistant Coach, Ready High School

Matt Mossor: Assistant Coach, Olentangy HS



2009 Attack System Camp

A little more about the camps

Attack System Training Camp

Learn my system of wrestling - this method of wrestling is how you beat the top kids, and how my athletes have won the big matches for years.

Intensive Camp

A MUST for the advanced wrestler who is ready to become a champion. Learn the techniques, discipline and work ethic it takes to compete at the highest level. Come prepared to train like a champion!

Limit: 30 athletes.

Youth Training Camps

For athletes going into grades 2 through 6 in Fall 2010. This camp is where it all begins. Many of my state champs have started by training with me when they were youth wrestlers. My goals for training these young athletes are as follows: 1. Train them in a system that will work for them as long as they are wrestling, that will allow them long-term success. 2 (and most important) We want these athletes to still be wrestling 10 years from now. The young athletes I work with have a very low burnout rate, due to the approach used here. Limit: 15-20 athletes.

A note about all of my camps

You will be taught my winning system of wrestling, including championship techniques, and work ethic — how to drill, train and prepare. Well balanced camp for athletes of all ages!

Get the Attack System DVD set, Parts 1 and 2, with camp signup

Now you can get this invaluable system on DVD when you sign up for camp. These DVDs can greatly enhance your wrestling, and your training, in the Attack System.

DVD #1, "Randy's Attack System, Part I: Wrestling from the Neutral Position", is a comprehensive system of attack from the neutral position. DVD #2, "Randy's Attack System, Part II: Wrestling on the Mat", is a double-disc set that covers the down position on one disc, and our famed Bump-Spiral system from top, on the other disc. Altogether, 4 hours of training valued at \$118, now can be yours for only \$60.