

Randy Simpson's Attack System Small Group Training



December 2011 Training:

Training Days and Times:

Elite Lightweight Group (103-125): Sundays, 6:30 - 8:00 pm

Junior High Group: Sundays, 4:30 - 6:00 pm

Days: Sundays. December 4, 11, 18

Youth Group (grades 2-6): Mondays, 5:30 - 7:00 pm.

High School Group: Mondays, 7:30 - 9:00 pm

Days: Mondays. December 5, 12, 19

Location: Randy's Home Facility in Reynoldsburg

Cost: High School Group: \$95 per athlete, due before the start of the first session. Sign up early to avoid getting closed out. Last year, All 4 groups got filled.

Note: I will only take about 10-15 athletes for each group. Each athlete is expected to attend all sessions, barring unforeseen circumstances. No substitutions, replacements, or refunds.

IMPORTANT: Skin infections are responsible for more downtime than any other injury in wrestling. Every athlete will undergo a thorough skin check before every session.

Athlete's Name: _____ **Grade:** ____ **School:** _____

Address (City/State/Zip): _____

Phone: _____ **Date of Birth:** _____ **Weight:** _____

Email: _____ **Parent/Guardian:** _____

Parent/Guardian's signature: _____

If mailing it in, send your fee and registration to: Randy Simpson, Box 1234, Reynoldsburg, OH 43068

Contact me for details: Randy@randyswrestlingsite.com or 614-861-6964

www.randyswrestlingsite.com