

Randy Simpson's Attack System Wrestling Camps



Attack System Training Camp June 24-28, 2012

- Ideal for the entire team as well as individuals
- For athletes going into grades 6-12 in fall 2012

Intensive Training Camp June 29-July 3, 2012

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

Youth Training Camp: June 13-15, 2012



Randy Simpson
Box 1234
Reynoldsburg, OH 43068



Keep up with Attack System Wrestling Opportunities:
Join our email list (its free!).

Text "ATTACK" to 70259 to sign up for the Athletes' List, or Text "COACH" to 70259 to sign up for the Coaches' List, or sign up at the website.

SIGN UP EARLY AND SAVE! See early registration discounts inside!

LEARN THE ESSENTIAL SCORING TECHNIQUES THAT WORK ON THE BEST ATHLETES

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

A Little More About the Camps

Attack System Training Camp

Learn my system of wrestling - this method 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: 35 athletes.

Youth Training Camps

For athletes going into grades 2 through 6 in Fall 2011. 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, and allow for 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: 10-15 athletes.

A note about all Attack System 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 feet. 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.



About Randy Simpson

Randy Simpson has used his 20 years of coaching experience to develop 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.

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.

Meet the Staff:

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

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

Mike Hall: Assistant Coach, Ready High School

Matt Mossor: 4X National Qualifier, West Liberty State College

Cost:

Attack System Training Camp:

Held at Denison University

\$415 (For Resident)

\$350 (For Commuter)

Deposit due with Application: \$300

Special: Add complete DVD set for additional \$60.

No refunds

Intensive Training Camp:

\$440 (This is a Resident-only camp - No Commuters)

Deposit Due with Application: \$300

Special: Add complete DVD set for additional \$60.

No refunds

Youth Training Camp: For athletes going into grades 2 through 6 in Fall 2012.

Held at our home facility in Reynoldsburg: \$220

Deposit due with Application: \$140

Special: Add complete DVD set for additional \$60.

No refunds

Discounts: (can use ONE of the following):

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

Early Registration Discounts

(can use with above discount)

\$30 OFF if registered by end of February, 2012

\$25 OFF if registered by end of March, 2012

\$20 OFF if registered by end of April, 2012

\$10 OFF if registered by end of May, 2012

"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."



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

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 24-28)

Intensive Training Camp (June 29-July 3)

Youth Training Camp (June 13-15)

I want Attack System DVDs 1 and 2 (add \$60 to price of camp)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Grade, Fall 2012: _____

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"