

# Randy Simpson's Attack System Small Group Training



## January 2012 Training:

### Training Days and Times:

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

Elite Lightweight Group (106-126): Sundays, 6:30 - 8:00 pm

**\*\*New:** Intermediate Junior High/High School Group: Sundays, 2:30 - 4 pm  
(for less experienced athletes)

Days: Sundays. January 8, 15, 22, 29

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

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

Days: Mondays (and one Tuesday). January 10, 16, 23, 30

Location: Randy's Home Facility in Reynoldsburg

Cost: \$125 per athlete, due before the start of the first session. Sign up early to avoid getting closed out. Last year, All 4 groups filled in January.

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](mailto:Randy@randyswrestlingsite.com) or 614-861-6964

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