



2008-09 ADVANCED HIGH SCHOOL GROUP

This is a year long comprehensive program designed for advanced wrestlers in grades 9-12. Athletes must sign up for a full year to be in this group.

The wrestling sessions are designed for dedicated and experienced wrestlers looking for the extra training that will take him to the next level in this year's competitions.

In addition, our Athletic Performance Program is designed to complement our wrestling sessions. It institutes cutting edge sport specific movement patterns, resistive and body weight exercises that develop appropriate energy system use, and promote muscular adaptations that lead to increased athletic performance.

- ▶ **Enrollment deadline August 14, 2008.**
- ▶ **COST: \$1900**
- ▶ **\$100 non-refundable deposit must accompany each application!**
- ▶ **Current members earn a single 10% referral discount for new athletes signed up for any sessions.**

FALL/WINTER FOLKSTYLE

WRESTLING SESSIONS & ATHLETIC PERFORMANCE PROGRAM

- September 14–November 6
Sunday, Tuesday, Thursdays 7:15-9:15 pm
- November 9–February 25
Sundays 7:15-9:15 pm
Wednesdays 7:45-9:00 pm

SPRING/SUMMER FREESTYLE

WRESTLING SESSIONS & ATHLETIC PERFORMANCE PROGRAM

- March 15–May 14
Sunday, Tuesday, Thursday 7:15-9:15 pm
- May 26–June 11
Monday, Tuesday, Thursday 8:00-10:00 pm
- June 15–18
Monday, Tuesday, Thursday 9:00-11:00 am
- June 29 – July 3
Everyday 9:00-11:00 am
- July 6– July 10
Everyday 9:00-11:00 am

All dates and times are subject to change due to USA Wrestling, WIAA, & WWF event schedules.

**For more information visit
www.advancewrestling.com
or call Brad Owens at 608/469-2920**

PERSONAL INFORMATION

Name _____
Last First Middle Initial

Home Address _____

City _____ State ____ Zip _____

Parent or Guardian _____

Phone: Home ____/____/____ Cell ____/____/____

Father's Work ____/____/____ Mother's Work ____/____/____

Email _____

Age ____ Weight Class _____ Years of Experience _____

2006-07 Folkstyle Record: Wins _____ Losses _____

Post season finishes: _____

HEALTH INFORMATION

This **MUST** be completed in order to process any application!

Health Insurance Company _____

Policy Number(s) _____

Family Physician _____

1. Date of last Tetanus shot _____
2. Date of last MMR (measles, mumps, rubella) immunization. _____
Was this a second immunization? yes no
3. Does the participant have any significant allergies?

4. Will the participant be taking any medications while attending the session? yes no If yes, what (name and dose).

Are there special considerations with regard to this medication?
yes no (Please attach additional instructions as necessary.)
5. Does the participant have any current or past history of a significant health problem (eg, diabetes, epilepsy, etc)?
yes no. If yes, please describe.

I approve of my child's attendance at ADVANCE and certify that within the past three years he/she has had a physical examination and that he/she is in good health and able to participate in all ADVANCE activities. If medical attention is required for illness or injury while attending ADVANCE, I give my permission for such care and I hereby waive and release the ADVANCE staff of all liability for any illness or injuries which may occur. I understand that any wrestler who does not abide by ADVANCE rules and regulations is subject to dismissal without reimbursement or recourse, and the damage to facilities will be assessed to those responsible.

Signature _____ Parent/Guardian Signature _____ Date _____

SEND APPLICATION WITH DEPOSIT TO: ADVANCE School of Wrestling, LLC
2556a Advance Road
Madison, WI 53718

PLEASE NOTE THESE POINTS

- *Returning members in good standing are guaranteed a spot if application is received by the given deadline*
- *Confirmation letters will be sent upon receipt of application and deposit*
- *Those families with one or more students enrolled will receive a 25% discount for the second child.*
- *Details on payment arrangements can be found on our website.*
- *Wrestlers are allowed no more than 5 unexcused absences in a session. Those breaking this rule will not be allowed to finish the current session or re-enroll.*
- *Parents are not allowed in the practice sessions. Please use our waiting room if you stay.*
- *Private Sessions, Focus Groups and Team Clinics are available by appointment. See our website to download an application.*

Check website calendar for special events & schedule changes at: advancewrestling.com