

# MID-COAST WRESTLING CLUB

*Presents*

## NICK PURLER TAKEDOWN MACHINE CLINIC

February 19<sup>th</sup> & 20<sup>th</sup> 2018, Camden-Rockport Middle School

This “private team camp” will be open to up to 30 wrestlers from programs outside of the Camden Hills district. Total registration will be limited to 50 wrestlers.

Nick Purler is a renowned coach and runs the Purler Wrestling Academy in the St. Louis, Missouri area. He has helped literally hundreds of wrestlers reach the highest levels of success through his systematic instruction and drilling system. For more info on Nick and his training system visit: <http://www.purlerwrestling.com>

The focus of the camp will be unstoppable takedown techniques. High percentage moves from the most common situations will be taught, broken down, and DRILLED and DRILLED to ensure that attending wrestlers and coaches can actually employ these proven techniques in live situations.

- Who: Any wrestlers with at least some experience in grades 4 through 12.
- When: February 19-20 (first two days of Feb break) 9:00 a.m. to 4:00 p.m. (check-in 8:30 am on Monday).
- Where: Camden-Rockport Middle School 34 Knowlton Street  
Camden, Maine.
- Cost: \$100 if pre-registered, \$150 walk-in if space (includes Foundation Wrestling Phase I technique DVD set \$110 value).

Coaches: FREE! Come with your wrestlers and learn the Purler system.  
All we ask is that you pitch in and help us manage the groups.

To register fill out the required information below and send a \$50 non-refundable made out to MCWC to:

Mid Coast Wrestling Club  
c/o Aaron Henderson  
6 Hall Ave.  
Camden, Maine 04843

Wrestler's Name: \_\_\_\_\_

School/Program/Team: \_\_\_\_\_

Age and Grade: \_\_\_\_\_

Years Experience: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

Contact e-mail: \_\_\_\_\_

Contact telephone: \_\_\_\_\_

The first 30 registered wrestlers who send in deposits will lock up the spots! If you are seeing this on-line, look for a link to provide the above registration information. Once we receive your check, we will e-mail you confirmation of your slot.

At registration, parents/guardians will need to sign a waiver and provide insurance information.

For additional information contact: Aaron Henderson  
(207) 522-5252  
[sailredwings@myfairpoint.net](mailto:sailredwings@myfairpoint.net)

<https://www.facebook.com/midcoastwrestling>