



### **Foundation Wrestling Workshop opportunity**

Below is information on how you can bring a Foundation Wrestling Workshop to your town. The goal is to get your team involved in a 'system' so that you can focus your efforts as well as the efforts of your wrestlers. In addition, you need to get your coaches on board and on the same page as you are. This is when the team begins to move forward!

A Foundation Wrestling Workshop provides you with a 'short-cut' by getting your team on the mats while Purler Wrestling teaches them the system. Most coaches will buy our DVDs, learn the system, and then teach the system to his team. This is a very productive way to get on board with Foundation Wrestling and they have tremendous results. However, the *fastest* way is for us to come to your town and drill the system into your team so that come Monday, you are ready to begin the drilling / training process. We can take care of the hard part, and do so very efficiently, as we have been teaching this system at Purler Wrestling Academy for years.

As stated on our site, the best way to get your team moving forward is to get the teaching done QUICKLY so that you can begin the drilling process. It is about putting the workers to work!

Read the rest of our information and contact us if you think this is something for you.

**NOTE** – Don't forget to see info on our new 5 DAY TEAM CAMP below....

### **Cost per team for 2 day workshop**

Purler Wrestling will come to your town, handle all airfare, meals, and car rental expenses, etc and conduct the 2 days of training for your team and coaches. In addition, we will provide up to 40 sets of DVDs (a \$4,400.00 value!) to all those that complete the workshop.

The host team also receives GOLD boxed set of FOUNDATION WRESTLING DVDs which includes the Youth / Beginner's series, Phase I, and Phase II discs. This boxed set includes 8 discs and 2 training manuals and are individually priced at \$330.00! Free to the host school!

The cost for the workshop is \$3500 (if you pay with CASH) or \$3700 by CHECK...which is due upon our arrival. The host school also covers hotel accommodations. Email us the hotel number and the reservation number two weeks prior to the camp and remember that the hotel can only be reserved over the phone but the coach must pre-pay for the room in person at the hotel before we arrive. We cover all other travel arrangements and expenses which include airfare, car rental, Friday and Monday travel days to and from the camp location, meals, and 2 full days of expert instruction to your team and coaching staff. *Note- We handle airfare up to \$350.00 dollars which is almost always enough! However, flying into small airports and to places on the East and West coast at times cost considerably more. The host school will have to cover costs beyond the \$350.00 travel allowance. Also, if your school is more than 1.5 hours away from the airport, please let us know so we can make plans.*

**NOTE: Cash Discount**

If you host team does pay CASH, we will provide 2 sets of Foundation Wrestling DVDS (instead of 1 set)...one for the head coach and one for the assistant. A boxed set is valued at \$275.00 if purchased on-line as one set and over \$330.00 if purchased individually.

*\* As stated, we have a 40 wrestler maximum and will cover the training and DVDs for up to 40 wrestlers. Each wrestler will receive one set of DVDs. If your camp has 27 wrestlers, then we will provide 27 sets of DVDs in addition to the boxed set offered as a gift to the host schools' coach / coordinator. The remaining 13 sets of DVDs will go home with us for use in another workshop.*

*\*Of course, if you have 40 athletes, the cost for the camp and DVDs is just \$87.00 per wrestler! You wrestlers get a set of dvds AND 2 full days of training for \$87.00 when the on-line cost of the dvds themselves are \$110.00! This is why so many teams have contacted us about holding a Foundation Wrestling workshop at their school. We have offered training all over the USA and have flown out from St. Louis to OH / ME / CT / NH / CA / GA, etc. By getting involved, your team and coaches will now have a system to follow, the team will be well-versed in all areas of FOUNDATION WRESTLING, and each will have a copy for review and self-study.*

**4 workshops to choose from**

Each team can choose to hold a Beginners', Phase I, or Phase II workshop.

1. Our Youth / Beginner's workshop is best suited for kids that have 4 years or less experience...usually youth teams. Remember, our Youth / Beginner's series is very involved and serves as the foundation for FOUNDATION WRESTLING. It is, in a way, for Beginners to FOUNDATION WRESTLING, not just beginners to the sport of wrestling.
2. Our Phase I workshops are best suited for the High School programs with some advanced youth and Jr High wrestlers mixed in. Phase I covers all areas of wrestling and basically defines the sport by teaching all 4 areas of wrestling: Mental preparation and competitive attitude, Positioning (key power-positions from wrestling's common areas), Hand-fighting (breaking your opponent's stance, and Techniques (the best 2-3 skills from wrestling's most common positions). This camp is not suited for first year wrestlers or lesser experienced wrestlers under the age of 9.
3. Much like our Phase I workshops, our Phase II workshops are for all experienced teams that are looking to get their teams into the effective areas of leg-riding. Of the 2 day workshop, most of the time will be spent teaching and developing the art of riding legs. This includes hours of detailed instruction and drilling as well as a heavy dose of live wrestling from the mat. Since our Phase II series covers much more than just leg riding, we will also be covering some of wrestling's scramble positions, secondary finishes, and other advanced techniques as outlined in Phase II FOUNDATION WRESTLING. However, the core of the workshop will be focused on leg riding. Advanced youth and Jr. High wrestlers are welcomed on this camp as well.
4. Freestyle workshops will cover the CORE areas of this lengthy series and the kids would have a firm FOUNDATION of wrestling skills for Freestyle wrestling and the coaches would now have a drill routine to hammer the kids on and can build / add the other supplemental Freestyle skills to this.

NOTE- It is possible to divide up your teams into separate gyms and have a Beginner's workshop and Phase I or II workshop for the older or more advanced wrestlers. Contact us if this would best suit your needs.

## **Benefits?**

When we get done, you will be able to divide up your (and the kids') system / drill routines into the 2-3 index cards as we have suggested on the 'How to use Foundation Wrestling' download. When the kids begin doing the work instead of the coaches, they begin winning!! We can help you get to this point.

## **5 day TEAM CAMPS**

### **What's included**

We will bring up to 40 sets of Phase I and Phase II of our Foundation Wrestling series (a \$222.00 value) and the host school coach will receive the FULL complete set of ALL Foundation Wrestling products that includes our Freestyle / Greco-Roman and Strength & Conditioning dvds. This dvd package is valued at over \$9,000.00...plus the 5 days of training. Hotel, travel arrangements, and session times are the same for the 5 day as the 2 day workshops (we pay airfare, car rental, and meals, you get hotel).

Evening sessions will be designated as live wrestling sessions. The kids' dvds will be supplied without the 'fancy' packaging.

### **Cost for 5 day TEAM CAMPS**

You get the 5 days of training, up to 40 sets of Phase I and 40 sets of Phase II, a complete FW package of dvds for the host school's coach, and to have your team and coaches FINALLY on a system that you can hammer them on 1-2 evenings a week during the off-season time for \$7,900.00 (\$7,600 if you pay cash). Cash price discount also includes an extra FULL set of Foundation Wrestling DVDs for the coach. If you are taking the cash option, please let us know ahead of time so we can send the extra DVD set.

***Since we turn away many each summer, a \$500 non-refundable deposit due immediately upon scheduling the workshop.***

### **Price comparison**

Based on 40 wrestlers attending a week long team camp, the cost per team is approximately \$19,800 dollars or \$495.00 per wrestler. This price does include overnight stay and meals but also includes sharing the mats with 350-500 other wrestlers. Our camp provides neither but instead, is a small group, tight-knit team camp in which the wrestling team also gets a set of our Phase I and Phase II Foundation Wrestling DVDs...a \$220 value.

### **Mission**

Our goal is to cover 80 – 90% (or more...depending on the level of expertise of your team) of the FOUNDATION series that you picked and to put your team through the paces. We will not only educate and teach your wrestlers, but also put them through the necessary intensive drill sessions so that they actually 'learn' what was covered. While most camps are 'clinic-style' camps where the kids simply 'learn a move and try it, learn a move and try it', our workshops, and any Purler Wrestling camps or clinics for that matter, are 'training-camps' where we will put the workers to work in a drill-intensive format so that each wrestler develops the necessary muscle memory to become a better wrestler. Of course any review and 'filling-in-the-blanks' that the kids must do can be easily done since each will receive a copy of that DVD series...a \$109.00 dollar value FREE.

*Side note: Many coaches choose to hold a 3<sup>rd</sup> day of training and extend this workshop an extra day (or two). This will allow them to drill and review their teams while also giving them the chance to implement some of what they have learned. This is also a great way to extend the camp experience making it even that much more affordable to the wrestlers by giving them more bang for their buck.*

## **To do**

The host team is to contact Nick ([nick@foundationwrestling.com](mailto:nick@foundationwrestling.com)) and nail down a date. Once done, the host team is responsible for organizing their team and securing the location for the camp...this can be a large wrestling room or small gym. Wrestling rooms are best for us as long as they are large enough to accommodate the numbers you have in mind. In addition, the coordinator is to fill out the 'contact form' below and get this back to Nick asap.

In return, I will handle all travel arrangements (air fare, car rentals, transportation, travel days to and from, etc), and provide you and your team with 2 full days of serious training.

*\* Wrestlers will receive a set of DVDs without the 'fancy' packaging while the host coach will receive a boxed set with professional packaging. All content is the same of course.*

If you have further questions, please call us at 314-229-3540 or email to [nick@foundationwrestling.com](mailto:nick@foundationwrestling.com)

## **Camp session times will be**

Saturday 9:00 – 11:30 // 12:45 – 3:00 // 3:15 – 4:15 (hard wrestling)  
Sunday 9:00 – 11:30 // 12:45 – 3:00 // 3:15 – 4:15 (hard wrestling)

Session times for the 5 day camps are to be the same. However, the last day will end at 3 pm sharp so our coach can get to the airport and back home. Thank you.

*(Some sessions may run a bit longer on the last day if I feel we need more time.)*

## **Age requirements**

No wrestlers under the age of 8 should be allowed UNLESS they have at least 2 years experience under their belts. If they do not, then we ask that you have a coach standing over them during the training so that we don't take too much of our coaching time away from the other wrestlers. We have had many 8 year olds that do GREAT! So you can use your best judgement on this one. However, should you order one of our Beginner's workshops, younger wrestlers will be fine.

## **Coaches helping**

We would definitely appreciate it if 1 coach could help with the 2 day and 5 day workshops. If you have some coaches who are interested in helping out with the workshop, we ask that no more than 2 coaches be on the mats. Otherwise, it is too chaotic. If your 2 day or 5 day workshops have 25 wrestlers or less, we will not need an extra coach helping but you may do so if you wish.

Favor! - Also, these coaches / helpers should let me do the teaching and once I get the wrestlers drilling on their own, they can help out at this time. Otherwise, it is difficult for the kids to hear me if I have to speak over the voices of the other coaches. It is also important that the coaches allow the kids to drill and train and ONLY step in if the wrestler is making gross errors in technique. Wrestling is a skill that must be developed and the kids (and entire group) should not be interrupted because one finger is out of place. This interrupts the flow and rhythm of the workouts for all of us. The best coaches let the workers work and develop. In addition, if you spoon-feed a wrestler, then he requires spoon-feeding. The wrestler must walk himself thru and think thru each step so that he learns the skills. Having a coach or father standing over him repeating each step of each move for 2 days

straight ensures that the wrestler will get almost nothing out of the camp and that our efforts will be hampered.

\* Note – if you do have 1-2 kids that absolutely must have a coach standing over them at all times in order to keep up, we suggest you have that wrestler wait till next time to get involved in the camp. Again, a solid year of wrestling and more is recommended. All wrestlers must know the basic leg attacks, sprawls, turns, their left from their right, etc in order to learn from our camps.

\*In addition, my voice cannot handle 2 or more days of coaching over other coaches. The best compliments I receive are those when parents say things like “This is the quietest wrestling room I’ve ever seen!” The only noise we should hear most of the time is kids drilling.

I will teach the kids in steps, then break out and take EVERY wrestler through the steps 2-3 times each. At this time, the other coaches are asked to watch. Once I turn the kids loose, the coaches can get their hands on the kids that they feel need extra.

### **Coach’s video-taping**

The host team can certainly video-tape this workshop if they feel it will help them to better operate their workout rooms. However, they will have a complete boxed set to view so I am not sure they will need to do so. It’s your call.

**Nick’s contact info** Save this!

#### **Nick Purler**

Foundation Wrestling  
85 Quiet Ridge Ct  
Foristell, MO 63348

Cell- 314-229-3540

[nick@foundationwrestling.com](mailto:nick@foundationwrestling.com)

**Joe Wier’s contact info** (Along with myself, Joe teaches many (actually MOST) of our 2 day workshops and almost all of our 5 day team camps as I do not have summers off and my weekend schedule fills quickly)

#### **Joe Wier**

Cell- 636-236-1212  
Home – 636-227-0365

[wierjoseph@rockwood.k12.mo.us](mailto:wierjoseph@rockwood.k12.mo.us)



## Wrestling Taught. Wrestling Simplified.

Introducing the FOUNDATION WRESTLING SYSTEM VIDEOS AND small-group training CAMPS.

Winning in wrestling as a competitor and coach revolves around 4 key areas...4 pillars. You will learn that mental preparedness / match readiness, positioning, hand-fighting skills and technique (CORE techniques) make up the FOUNDATION to successful wrestling.

What is FOUNDATION WRESTLING?

It is an approach to training developed by Nick Purler (former All-American for Oklahoma State University) in order to more effectively train his students at [Purler Wrestling Academy](http://www.purlerwrestling.com)...which operates in Missouri and Southern Illinois. Purler Wrestling has helped to produce over 400 State Champions and many youth and high school National Champions.

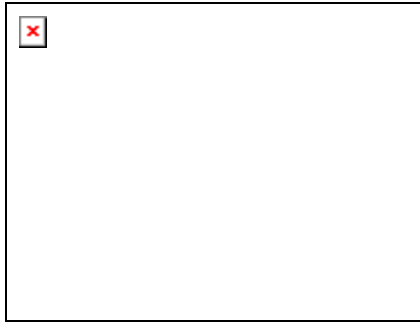
Foundation Wrestling explained:

Successful wrestling depends on much more than knowing a list of moves. In fact, as you will discover, success on a high level often times has little to do with which wrestler knows the more moves. The FOUR PILLARS to successful wrestling are as follows...and in this order:

1. **Mental approach to competition-** It has often been said that wrestling is 90% mental, but only a handful have taken the time or figured out how to teach their wrestlers to perform. If you wrestle better in practice than you do in matches, then FOUNDATION WRESTLING is for you. I have diagnosed THREE areas / obstacles that hinder the performance of all wrestlers and will share with you my strategies on how to clear these hurdles.
2. **Positioning-** Once again, we have all been to camps and been told that positioning is more important than moves...but nothing follows those words except for a bunch of moves. Foundation Wrestling System TEACHES the key points of positioning in the 5 fundamental POWER POSITIONS to wrestling. If you've ever watched high-level NCAA or Olympic wrestling, you have probably noticed how low-scoring the matches are. The truth is that these wrestlers know every move in the book but the reason these matches are so low-scoring has nothing to do with their lack of wrestling moves, but more to do with their opponent's SOLID positioning skills.
3. **Hand-fighting-** Foundation Wrestling teaches that there are 5 key ways to break your opponent's stance (HIS positioning) to set up scoring opportunities. They are: Push / Pull / Hit / Pick / Pass  
Simply stated, being aggressive means ATTACKING YOUR OPPONENT'S STANCE...NOT SHOOTING. In baseball, we learn to 'be patient' or 'wait for a good pitch'. In wrestling, we are most often taught "SHOOOOOT" "SHOOOOOT" "SHOOOOOT!" This leads to sloppy wrestling and unsuccessful wrestling. You will learn a controlled attack, wear-and-tear philosophy to opening up your opponent for scoring opportunities.

**Technique-** The FOUNDATION SYSTEM to the technical side of wrestling revolves around CORE techniques in COMMON areas of wrestling. For example, you may get 4 front headlocks a match this season...totaling 200 front headlocks. From this COMMON position, you should focus on developing the top 2-3 skills from this area. I have done all the leg-work for you and provide you with a true system of techniques to master.

COMPLETE details on Foundation Wrestling and Purler Wrestling can be found at: [www.foundationwrestling.com](http://www.foundationwrestling.com) and [www.purlerwrestling.com](http://www.purlerwrestling.com)



# SUMMER CAMP OPPORTUNITY!

*Train with Purler Wrestling Academy this summer!*

We are now accepting registrations to our 7<sup>th</sup> Annual Takedown Machine Drill Camp where wrestlers will hit literally 1000's of reps of each takedown in our proven wrestling system.

**Camps schedule** Camps are held in JUNE and JULY. Camp dates are on line at [www.purlerwrestling.com/camps.htm](http://www.purlerwrestling.com/camps.htm)

Our camp has carried a waiting list in each of the past 4 summers we've held our drill camp. Last year, wrestlers traveled into St. Louis, MO from as far away as New Hampshire, Alaska, Florida, and California as well as all throughout the Midwest.

Registrations begin coming in each January (uncommon for summer camps) and we already have wrestlers from PA, MO, IL, and IN signed up as well as calls from as far away as Germany and South Africa considering our summer camp opportunity. Our goal at Purler Wrestling is to be the best there is.

### **Small group format**

We allow just 45 +/- wrestlers per training group compared to the 400-600 you'll encounter at many college-sponsored camps. This makes for a REAL camp experience with REAL camp results. Needless to say, the camp does fill quickly and with many high school and youth programs choosing our camp as their summer TEAM CAMP, certain weeks have been known to fill literally over night.

### **Takedown Machine Camp outline**

Instead of a lot of moves, we focus the kids into specific areas.

#### 1) Primary offense:

Head inside leg attack

Head outside leg attacks

\* 2-3 setups and finishes (high % skills that will work)

#### 2) Secondary attacks (non-leg attack scoring)

pass by, throw bys, inside trip, etc. We cover about 6

#### 3) Front headlock offense - every match has fhl position and this makes or breaks you in this sport!

- three techniques are cover in addition to many tricks of the trade.

#### 4) Front headlock defense / recovery from poor shots

-2 areas

#### 5: Defense to leg-attacks. Developing heavy hips and confidence in this position...your 3rd (and last) line of defense.

We drill the tar out of them! We deal in core areas. There is a lot of moves out there, but day in and day out, you are going to be successful with the same areas. Just as in weight lifting, there are core lifts to get strong. The rest is great, but the foundation must be laid first.

We have only 40 wrestlers allowed in each training session and they hit 100's and 100's and 100's of reps on our watch and our command.

We have time for fun too as we rent out a beautiful, MO state park and have about 20 acres to ourselves which includes ball fields, etc.

Thank you and let me know if you have questions.

Nick Purler  
314-229-3540



## *“Those who stay will be CHAMPIONS”*

In 1999, Purler Wrestling Academy was opened by Nick Purler as a way of providing high-level training for kids that had a hunger for the sport of wrestling and a hunger for success.

We are about to enter our 7<sup>th</sup> season of wrestling as an academy and have had some tremendous successes to speak of. In just the first 3 seasons, Purler Wrestling Academy won the prestigious Tulsa National Team Title TWICE, which put Purler Wrestling on the map nationally as the Tulsa Nationals is the NCAAs of youth wrestling. Then, in '07 PWA brought home 2 more Tulsa National titles which once again put PWA back on top as the premiere wrestling program in the US. At the high school level, our program has helped turn out many Freshman State Champs and finalists each season with a large number of our graduating students earning college wrestling scholarships to some of the top wrestling programs in the country. In 2007 alone, 7 PWA Freshman made the State Championship finals and 14 of our Freshman have done this in the past 3 seasons! Needless to say, we are proud of our athletes and what they have accomplished.

### **About Nick Purler**

You know about Nick Purler as a coach, now here are a few facts about Nick Purler and his 14 years of competitive wrestling...age 10 – 24.

#### High School

- ?? 3X MO High School State Champion (tech-falled or pinned all but one opponent in his last two seasons)
- ?? 2X High School Junior Nat'l Champion
- ?? First Team Member of the '88 Dream Team ranked as top 112 pounder in the country. Named OUTSTANDING WRESTLER of the '88 US High School Dream Team Classic dual meet competition.

#### *Collegiate – Oklahoma State University*

- ?? 1994 Big 8 Champion for Oklahoma State University
- ?? 1994 NCAA All-American
- ?? Member of 3 NCAA Nat'l Division I teams in '89, '90, and '94
- ?? Spent 10 years on Oklahoma State's TOP 20 All-Time Winning %

*\* Nick retired from competitive wrestling at age 24 to pursue his Master's degree and begin his coaching career.*

### **Visit us for more info on Purler Wrestling and Foundation Wrestling:**

Please visit us online at <http://www.purlerwrestling.com> for details on our summer camp, Purler Wrestling Academy, and our Foundation Wrestling system DVDs. Also, [www.foundationwrestling.com](http://www.foundationwrestling.com) can offer you a 3-step training course to winning. Our DVDs sell year-round throughout the nation as well as a few over-seas sales each year.

Foundation Wrestling offers a part 'recipe' to winning wrestling and coaching. In fact, Suplay Wrestler's World (the Worlds' largest wrestling store) has ranked FOUNDATION WRESTLING as the best instructional DVDs EVER PRODUCED for the sport of wrestling...something we are very proud of.

*Good luck!*

Nick Purler  
Purler Wrestling, Inc

# Foundation Wrestling Camp REGISTRATION FORM

(Coaches are to provide me with one form per wrestler upon our arrival to the workshop)

Camp date and location you are registering for:	
<b>Wrestler's Name:</b>	<b>T-shirt size: Shirts for sale @ most camps.</b> YS YM YL AS AM AL XL XXL
<b>Parents' Names:</b>  _____ (Dad)  _____ (Mom)	<b>Age at camp:</b> _____ <b>Height:</b> _____ <b>Approx. Weight:</b> _____ <small>*Please note: if your child is a heavyweight for his age you will be notified one month before camp as to whether a workout partner is available. All wrestlers are grouped according to their AGE and WEIGHTS. If no appropriate partner is registered you may be required to find one or receive a full refund.</small>
<b>Address:</b>  _____ (Street Address)  _____ (City) _____ (State) _____ (zip)	<b>Insurance Company:</b>  _____  <b>Policy #:</b> _____  <b>Phone #:</b> _____
<b>E-mail:</b> (This is important for camp updates regarding check-in, session assignments, bunk assignments, etc. These are NOT used for solicitation and will not be shared with third parties!)  _____  <b>Emergency Contact Info:</b>  Home Phone: _____  Parents' Work Phone: _____ (Dad) _____ (Mom)  Parents' Cell Phone: _____ (Dad) _____ (Mom)	<b>Medical Release</b>  Waiver: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Takedown Machine Staff and Purler Wrestling, Inc. to act for me, according to its best judgment in any medical emergency, and I hereby waive and release Purler Wrestling, Inc. from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct.  Signature _____  Printed Name _____  Date _____

Contact info: [Foundation Wrestling](http://www.foundationwrestling.com)  
Nick or Jackie Purler  
84 Quiet Ridge Ct.  
Foristell, MO 63348

Phone: [314-229-3540](tel:314-229-3540)

Please pack a lunch for each day of training!

[www.foundationwrestling.com](http://www.foundationwrestling.com)

[www.purlerwrestling.com](http://www.purlerwrestling.com)



# Foundation Wrestling Contact Info Sheet

**Email this back to Nick ASAP!!**

- Simply copy and paste this to a Word doc, fill it out and email to Nick as soon as we get the dates set. I will NOT mark my calendar and reserve this camp unless I get this emailed back to me. Your weekend will be held for 1 week or until we receive a \$500 deposit (non-refundable) that should be made out to Foundation Wrestling and sent to 84 Quiet Ridge Ct // Foristell, MO 63348) Thank you!

## Foundation Wrestling Workshops Info Sheet

Coach's/Coordinator's Name:		Dates of your workshop:
Cell #:	Work #:	Home #:
Name and Address of the School where workshop is to be held: ----- ----- (High School) (Street Address) (City) (State) (Zip)		
Nearest Airport:	Name & <u>number</u> of hotel you have reserved for us: Name: Number:	
The most popular wrestling website for your state is?		
Is this a Beginner / Phase I / or Phase II workshop? _____		