



ELITE TRAINING SCHOOL
For
STATE/NATIONAL CALIBER WRESTLERS

Program Goal: For the best 3rd to 8th grade Folkstyle wrestlers to train in a fast paced practice in which they can improve technique, be challenged by each other, and progress their wrestling skills.

Benefits of Ringers Elite Training School:

- Two hours of intense practice
- Multiple outstanding workout partners
- Training in proven techniques
- Ringers coaches at the top meets
- Work to be your best with knowledgeable coaches and motivated kids

Locations:

Germantown H.S., W180 N11501 River Ln., just N. of Mequon Rd./Hwy. 167
Southern Lakes Wrestling Center, 230 W. Evergreen Parkway, Elkhorn
Middleton High School, 2100 Bristol Street, Middleton, WI 5356

Ages: Kids Level- 3rd through 8th grade

Dates: Nov. 10th to Mar. 25th, Tues. and Thu., 6 to 8 pm (Milwaukee & Elkhorn)
Nov. 9th to Mar. 24th, Mon. and Wed., 6 to 8 pm (Middleton)

Fees: \$300 (\$100 deposit plus \$100 payments in December and January)
Full Time Members Only, no daily pays

Application Process:

- Complete the attached application, return via fax or mail by October 15th
- Ringers selection committee will review your application
- Acceptance notifications will be sent by October 22nd
- Deposit of \$100 due Nov. 1st

Meet Schedule: With the exception of 1 mandatory meet per month, Elite Training School wrestlers are free to make their own meet schedule. The mandatory meet schedule will be provided on the first day of practice.

Ringers Elite Training School Application

Circle Location: Germantown | Elkhorn | Middleton



Personal Information

First Name: _____ Last Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

E-mail: _____

Mother or Guardian's Name: _____ Work Phone: _____

Father or Guardian's Name: _____ Work Phone: _____

Grade: ____ Birthdate: ____/____/____ Height: ____ Weight: ____ T-shirt Size: _____

2009-10 Folkstyle Wt. Class: ____ 2009-10 WI Age Level for Folkstyle ____ FS/GR ____

Wrestling Information

2009 Results

| | Folkstyle | | Freestyle | | Greco-Roman | |
|-----------------|-----------|--------|-----------|--------|-------------|--------|
| | Place | Weight | Place | Weight | Place | Weight |
| State | | | | | | |
| Northern Plains | | | | | | |
| Kids Nationals | | | | | | |

2008 Results

| | Folkstyle | | Freestyle | | Greco-Roman | |
|-----------------|-----------|--------|-----------|--------|-------------|--------|
| | Place | Weight | Place | Weight | Place | Weight |
| State | | | | | | |
| Northern Plains | | | | | | |
| Kids Nationals | | | | | | |

List other notable competition results or information:

Availability

Can you travel to out of state meets?

Can you help/do you need to car pool to practices and meets?

Please complete and fax to 262-364-2596 or
mail to Ringers, P.O. Box 170088, Milwaukee, WI 53217.