

Spartan Training School Training Championship Wrestlers

INSTRUCTOR: WILL SHORT

The Spartan Training School for wrestlers who want to wrestle at the elite level. The wrestlers who attend the summer wrestling school will make major improvements in their wrestling technique, their physical strength and their mental attitude. This camp will meet the needs of those wrestlers who have very high goals and want to be champions.

**June 8-11, 15-18, 22-25 Mon – Thur 10:00am-11:30am.
SIMLEY WRESTLING ROOM**

June 29-July-2 OFF--NO PRACTICE

**July 6-9, 13-16 Mon-Thur 10:00am-11:30am.
SIMLEY WRESTLING ROOM**

***You must have a USA Wrestling Card.**

Grades 3-12

This will be a great way to prepare for cadet and junior national camps.

Price: \$100

Make checks payable to Simley Wrestling Club.

All the money earned from the summer training camp is a donation to the Simley Wrestling Club.

SPARTAN TRAINING SCHOOL

INSTRUCTOR: WILL SHORT

Background:

Graduated from Simley High School 1989

Graduated from St. Cloud State 1995

Masters of Educational Leadership, Bethel College 03

Head Coach Simley High School (7 years)

Coach Short has coached 5 state champions

30 state place winners

55 state entrants

3 Section Championships as a team

4 Conference titles

3 State Team appearances placing 3rd, 2nd and 5th.

As a wrestler:

2 x state champion, Jr. national Runner up, 5 x Regional National Champion, Asics Tiger High School All American, Athlete of the year Simley High School, 4 x letter winner University of Minnesota, All Big Ten team, 2 X MVP U of MN, NCAA Division I All American, 4th, 4th and 5th US OPEN Freestyle University National Champion

More Training Tools:

*Each wrestler will be given a Spartan

Technique and Training guide book.

*Each wrestler will receive Spartan training apparel.

Why do the Spartan training school?

- Muscle memory. A wrestler must do a technique over and over again until it becomes a reaction rather than a thought. Daily practice is needed to develop muscle memory. Another reason for the training school is mental attitude. The philosophy behind this school is not just to teach wrestling

technique, but to build a successful and disciplined training regimen that will help wrestlers adapt to the self discipline that is needed to be a wrestler.

- More time to master each piece of technique.
- No need to travel. Keep a summer job and work on training.
- Get more for your money. Most camps that are only last a week cost double the amount of the training school.
- Support Simley wrestling. Part of your fee goes right back into the club account.
- Get an instructor who actually cares if you learn the technique.
- Get more than just technique; the training school covers all aspects of being a great wrestler.
- Get an experienced coach rather than a college student who is just receiving a pay-check.

“Thoughts become actions; actions become habits; habits become character; character becomes destiny.” - Harold Brown

REGISTRATION:
For more Info: 651-306-7002

Spartan Training School
Will Short
3854 66th Street E
Inver Grove Heights, MN 55076

Name_____

Grade_____

Address_____

Phone_____

Weight_____

Make checks payable to Simley Wrestling Club for \$100.

* You can sign up at anytime. Any wrestler under 90 lbs. must contact coach Short before registration.

Bring this form to the High School Main Office.