

From: **Purler Inc** tony@tonypurler.com
Subject: tonypurler.com summer camps
Date: April 30, 2019 at 1:17 PM
To: lanny@wrestlingusa.com



Trouble viewing this email? [Read it online](#)

EXTREME TAKEDOWN MACHINE "HAMMER" CAMP

WWW.TONYPURLER.COM
8 DAY SUMMER CAMP, AGES 11-18, ADVANCED WRESTLERS



High School Team Technique Camp July 8-10

It's all technique, not live. All high school teams typically go to live wrestling team camps, but I don't think those help much in developing wrestlers or a wrestling team.

We go much faster than we typically do at my other camps. The coaches should be there, as it's a quick 'in and out' type of camp, and they can watch, help, film the camp, etc. I only cover a scoring routine, so the techniques covered are ones that solve problems and build position from common positions, as opposed to just being random techniques. I feel that I know enough about the sport that I'm able to actually simplify the sport, not complicate it. And the skills needed aren't

Ground n Pound Leg Riding Camps

Elite Hammer Camp

Ground n Pound Leg Riding Camps:

I have a few Leg Riding Camps set up, and will be setting up many more.

Please like my FB page: Purler Wrestling Academy or my Insta/Twitter @purlercamps to be notified when I set up more.

Anyone interested in hosting a 2 day Ground n Pound leg riding camp please

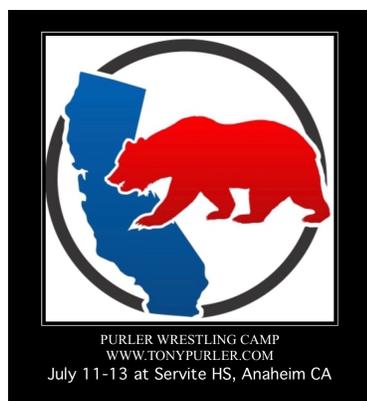
complicate it. And the skills needed aren't usually flashy, but they work. Like I tell kids all the time....men win world titles with singles and doubles, blocking skills, controlling ties, etc. I try to give all my wrestlers a core recipe for improvement. This attempt would become futile were I to show a ton of random moves. Again...the system a coach should cover with a group should be core fundamentals and solve problems and build position. There is plenty of room for individuality in our sport, but a technique system needs to be bound by common positions (both good and bad), and fundamentals. It's not a sport of perfection, so wrestlers need to be okay with taking risk, getting into some not so good positions, and know how to wrestle. When kids learn to force their offense, as they are confident in troubleshooting troublesome areas, they will in time become more aggressive and be more offensive. This is my experience anyway. No one wants to see wrestlers only being aggressive when they are in a mismatch. They should wrestle harder and be just as aggressive against the best kids in the state, as opposed to showing aggressiveness and confidence in their matches where they are facing a poor wrestler with minimal skills.

create my own registration camp, please email me. tony@tonypurler.com

EXTREME Hammer Camp:

This elite 8 day camp is for the most serious, year round type wrestlers. Having coached for 9 years at the division I level, and competing at the world level, I know the importance of skill development. I feel too many parents with good kids choose conditioning based summer camps or team camps for live wrestling. I don't think this helps in the kids development, and I feel that kids can run on their own for free.

This camp is about advanced hand fighting, set ups, motion, set ups, troubleshooting the completion of a stopped shot, etc. I'd encourage any wrestler who is already good at the fundamentals of the sport to choose this camp, as they will have a great time and be a part of a great camp that is solely designed for them...the elite wrestler with lofty goals!



Anaheim California 3 day commuter camp

This 3 day camp at Servite HS in Anaheim California, will cover core skills and core positions from all 3 areas of the sport. Though I get kids from Cali who fly into my summer camps, I'm hopeful to create a yearly camp in the LA region and travel to the kids. Fee is 190 for the 3 day camp, and all info is on www.tonypurler.com.



July 1-3

This camp is an all girls camp. We will focus on core fundamentals, and give the kids a knowledge base for development, that they can take with them to the next years training sessions. I don't do clinician camps, where many hire great clinicians to show their best stuff for a two hour session, only to jump on a plane and fly to the next camp. What we do on the first day, we will explosively drill it on the last day. I think kids learn better this way, and in turn this will up their wrestling IQ. Kids can learn moves on youtube, but understanding the positioning and body placement required to complete shots and troubleshoot tough positions...this requires personal coaching for most kids to be able to grasp and obtain.

Please pass this camp info onto others.
I'm doing my best to create a girls camp,
and we need to get the word out. I
appreciate the help.

Please go to www.tonypurler.com for all
camp info; like my FB page [purler
wrestling academy](#); or my
instagram/twitter: [@purlercamps](#). I post
good stuff that the kids may enjoy that will
help them.

www.tonypurler.com
Purler Inc
Tony Purler
7710 Se Moore Dr
Holt Missouri 64048
United States

This email is intended for lanny@wrestlingusa.com.

[Update your preferences](#) or [Unsubscribe](#)