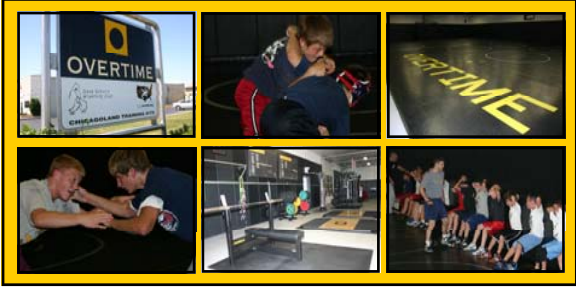


OVERTIME AT A GLANCE



The Overtime School of Wrestling was established in March, 2001, by Coach Sean Bormet. Sean Bormet has trained and successfully competed at every level of amateur wrestling, including 5 years on the US National Team. He also spent six years coaching at the University of Wisconsin and the University of Michigan mentoring several NCAA Champions and All-Americans. With outstanding support from the wrestling community, kids' clubs, and high school coaches over the last five years, Coach Bormet has focused his time and energy assembling a premiere coaching staff, facility, and year-round training program.

A Winning Formula 2001-2005:

10 USAW National Champions
86 USAW High School All-Americans
27 High School Folkstyle State Champions
36 Kids Folkstyle State Champions
99 Age Group Freestyle State Champions

Wrestling Staff:

Sean Bormet ~ University of Michigan

2004 USA Developmental Coach of the Year, USA National Team, 2x NCAA All-American, 2x Big Ten Champion

Kerry Boumans ~ University of Mary

2001 World Cup Champion, 2000 US Senior National Champion, 2000 Olympic Alternate, 2x NAIA National Champion

Mike Castillo ~ University of Illinois

NCAA Qualifier, All-Big Ten, USAW Freestyle All-American

Ben Heizer ~ Northern Illinois University

2x NCAA All-American, 3x MAC Champion, 2x USAW Freestyle All-American

John Kading ~ Oklahoma University

USA National Team, NCAA Champion, 4x NCAA All-American

Strength/Conditioning Staff:

Jason Patrick ~ Eastern Washington University

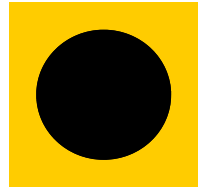
APF, WPC, & AWPC National Power-lifting Champion, Illinois State Champion, Washington State Champion
NSCA, CSCS, USA Weightlifting Level II Regional Coach



BUILDING CHAMPIONS AT EVERY LEVEL

Overtime School of Wrestling
10S. 224 Schoger Drive
Naperville, IL. 60564

OVERTIME BOOT CAMP



December 27-29, 2005

Technique . Structured Drilling . Intense Live Combat

REGISTRATION FORM

Special Guest \$150 Enrolled OT Student \$60

* Currently enrolled Overtime students only need to fill out their name and do not need to submit a photocopy of their USAW card.

Full Name _____

Address _____

City _____ St _____ Zip _____

Parent/Guardian Name _____

Phone _____ Emergency Phone _____

Age _____ Weight _____

2005-06 USAW Card _____

SIGNATURE OF PARENT/GUARDIAN _____

Camp T-Shirt Size:

XS SM MD LG

Mail: Registration Form, Photocopy of 2005-06 USAW Card and Full Payment to:

Overtime School of Wrestling
105, 224 Schoger Drive
Naperville, IL 60564

CAMP PHILOSOPHY

Winning Fundamentals:

The focus of this camp will be continuing the development of essential techniques, positioning, and training habits through a progressive system of instruction and live wrestling. Fundamental skills, set-ups, and high percentage scoring series on the feet and the mat will be taught in conjunction with the emphasis on drilling correctly. Many short camps teach unrelated wrestling technique and show "moves," but do not teach the wrestler how to understand and implement those techniques into an underlying system of "actions and reactions." At every level of amateur wrestling, competitive composite (mental toughness), positioning and basic scoring techniques win championships! These areas are always the focus at the Overtime School of Wrestling.

Competitive Edge:

Train and compete with some of the nation's best age-group wrestlers. This is a 3-day intensive camp so bring a tough, winning attitude!

Coaching Staff:

Along with our out-of-state special guests, this is a great opportunity for locally invited guests interested in applying to the Overtime School of Wrestling's year-round training programs. Coach Sean Bormet and Kerry Boumans will be present at all sessions. Other possible staff may include John Kading, Ben Heizer, and Mike Castillo, as well as Overtime Alumni! Eric Tannenbaum and Sean Reynolds.



Contact Information:

sbormet@overtimewrestling.com
kboumans@overtimewrestling.com
Office: 630.499.7163

Payment may be made by cash, personal check, or money order payable to the Overtime School of Wrestling.



WWW.OVERTIMEWRESTLING.COM

CAMP INFORMATION

Congratulations! You have earned a personal invitation to the OVERTIME BOOT CAMP to be held December 27-29, 2005, at the Overtime School of Wrestling.

Ages: 4th-8th Grade

Camp Fee: The camp fee is \$150 for each invited special guest and \$60 for each currently enrolled Overtime student. **Registration deadline is December 14, 2005.** (Non-refundable after December 1, 2005.)

What to Bring: Plenty of workout gear for each session, a sack lunch each day, and, if traveling from out of town, some outdoor snow gear (heavy cotton sweats, hat, gloves, gym shoes/boots – there may be some outdoor training).

- Wrestlers must be ready to train at a serious level. Participation will be limited to assure high quality instruction and supervision.
- Wrestlers will be grouped by similar age, weight, and experience.
- This camp is a great opportunity to start peaking for the highly competitive post-holiday tournaments.
- Wrestlers will enjoy their Boot Camp experience as they continue to learn and develop the essential techniques and strong work habits of a CHAMPION.

Daily Camp Schedule—December 27-29, 2005 (Athlete Check-In: December 27, 2005—9:30am)

Morning Session:

10:00am-12:00pm
Technique, Structured Drilling, Live Combat

Lunch/Video:

12:00-1:00pm
Drilling, Live Combat

Afternoon Session:

00-2:30pm
Structured Drilling, Live Combat, Matches

A strict closed gym policy will be applied to all training sessions. Parents are allowed and encouraged to attend the last session of Boot Camp (1:00pm-2:30pm, December 29).