

CHURELLA BROTHERS

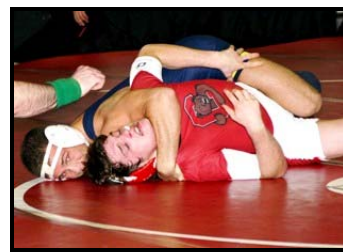
Leg Riding Workshop

August 7-9, 2007

Ryan Churella
3x NCAA All-American
3x Big Ten Champion



Josh Churella
2x NCAA All-American
Big Ten Champion



The Churella brothers are notorious for their punishing style of mat wrestling. Mastered by their father Mark Churella, a three-time NCAA Champion for the University of Michigan, both Ryan and Josh have become well-respected for their successful leg riding series. At this three day workshop wrestlers will develop an understanding for both leg riding offense and defense:

- How to effectively get the “legs” in
- A series of actions and reactions to control an opponent and ultimately work for the fall
- How to keep the “legs” out from the bottom position
- How to defend and wrestle from the bottom against a leg rider

Location: Overtime School of Wrestling (10s.224 Schoger Drive, Naperville, IL)
Dates: August 7-9, 2007
Time: 10am-1pm daily
Cost: \$90.00 Payable to: Overtime School of Wrestling (Cash, Check, and/or Visa/MasterCard)
Eligibility: Currently enrolled Overtime students or by invitation only
Additional staff: OT Staff, Eric Tannenbaum, and other OT Alumni

Registration:

- To confirm placement in this leg riding workshop please email Coach Kerry Boumans at kboumans@overtimewrestling.com by **Friday, August 3rd**.
- Full payment must be submitted at the workshop check-in on August 7th at 9:30am.
- All invited participants (not currently enrolled at Overtime) must present a valid USA Wrestling card at check-in.



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