Overtime School of Wrestling

Greco-Roman Summer Training Camp

Coach/Instructor: Jacob Curby

A Lagrange, IL native, Jacob Curby is currently on the U.S. National Team in Greco-Roman at 66kg. He is presently training and is a five-year member of the U.S.O.E.C. (United States Olympic Education Center) Greco-Roman wrestling program, led by former Bulgarian Olympian Ivan Ivanov and U.S. Olympian Jim Gruenwald. In 2006, Jacob won gold medals in Greco-Roman at the Sunkist International, NYAC International, University Nationals and finished fourth at the U.S. World Team Trials. Jacob will be competing in the 2007 U.S. World Team Trials June 9-10 in Las Vegas.

Dates: June 12 - July 3, 2007 (Totals 13 two-hour training sessions)
Times: Monday, Tuesday, Thursday, Friday 11:00am – 1:00pm
Cost: $300.00 payable to Overtime

Tactics & Match Strategy . Pummeling & Hand Fighting Skills . Set-ups and Throws
Par Terre Offense (guts/lifts) . Par Terre Defense (guts/lifts) . Reverse Lift Offense & Defense

Prepare for Northern Plains (Kids/Cadet) Regional, USA Kids Nationals & Cadet/Junior Nationals (Fargo).

Participants please note: Wrestlers that will also be attending the scheduled High School Level I freestyle classes on Monday, Tuesday, Thursday, and Friday's from 2:30-4:30pm should plan to bring a sack lunch with beverages and a second set of workout gear. Lunch, rest, and recovery will be from 1:00-2:30pm at Overtime and will be monitored by Overtime staff.

Due to supervision limitations, any wrestlers attending a scheduled Overtime class beginning at 5:00pm on Monday, Tuesday, or Thursday's (Level II or Kids classes) will need to go home or make pick-up arrangements at the conclusion of each Greco-Roman workout and plan to return later for your scheduled 5:00-6:30pm class.

To Enroll: Email Coach Kerry Boumans at kboumans@overtimewrestling.com or call 630-499-7163 and submit full payment by check, Visa, or MasterCard no later than 5pm on June 5th.

For wrestlers enrolled in the Greco-Roman Summer Training Camp, Jacob will also be available on a limited first come first serve basis for private lessons. If you are interested in scheduling private lessons please email Coach Kerry Boumans as soon as possible and your name will be placed on the scheduling list. Jacob's private lesson schedule will then be coordinated for his arrival after the World Team Trials on June 12th. The cost for private lessons will be $80.00 for 1 student/hour or $50.00 each for 2-4 students/hour. Only students in the 130-180 pound weight range qualify for one-one lessons; all others must coordinate a partner to do private lessons. All payments should be made payable to Overtime.