

CHURELLA BROTHERS

Leg Riding Workshop

August 4-6, 2008

Josh Churella

3x NCAA All-American

Big Ten Champion

2008 University Freestyle World Team Member, 66KG



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:

(Ryan Churella will be unable to attend this year's workshop as he will be in Beijing at the Olympic Games during this time serving as Andy Hrovat's training partner).

- 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 4-6, 2008
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, other OT Alumni

Registration:

- To register for the leg riding workshop please email Coach Kerry Boumans at kboumans@overtimewrestling.com by Friday, August 1st.
- Full payment must be submitted at the workshop check-in on August 4th at 9:30am.
- All invited participants (not currently enrolled at Overtime) must present a valid USA Wrestling card at check-in.
- An email received prior to August 1st registers you for the workshop. **Only if space is available** will we accept additional registrations at check-in on August 4th for **\$115.00**.



CLIFF KEEN ATHLETIC
Outfitting passion.