

2017 Middle School Post Season Training at Olentangy Liberty High School

When: Sunday, Monday and Wednesday nights starting February 5th and continuing through March 15th.

***The first Session will be the 5th of February**

- Sunday Time – 5:00 – 7:00
- Monday and Wednesday Time – 6:15 -7:45

Where: Olentangy Liberty Wrestling room. [3584 Home Road, Powell, OH 43065](#). Located at the rear of the school

Cost: \$75.00 per wrestler (maximum of \$125.00 per family)
Checks payable to: LAB WRESTLING
**You do not need to attend every session to participate*
The fee covers all instruction through March

* Please note if the Olentangy Local Schools are closed as a result of weather there will be no practice. We will post on Twitter and Remind 101 if you subscribe.

Twitter Twitter: [@OLHSWrestling](#)

What to wear: T- shirt, gym shorts, head gear and wrestling shoes. Please bring a water bottle filled up with you to every practice.

Questions: Contact Michael Zucker at mrzucker27@gmail.com

Special: Tom Ryan – Ohio State Head Wrestling Coach
Technicians Tervel Dlagnev – Ohio State Asst. Coach
Tommy Rowlands – 2X NCAA Champion
Mark Marinelli – Olentangy Liberty Head Wrestling Coach
Sean Nemecek – 3X State Champ, OSU 4yr letter winner and Team Captain

* Additional special technicians will be in the room

*You do not need to be competing in any post-season events to participate in the training. It is open to any and all middle school and youth. Our goal is to provide additional technical instruction and offer a positive and competitive environment for all that participate.

Middle School States and Nationals Training



<i>NAME</i>	<i>AGE</i>	<i>WEIGHT</i>
<i>ADDRESS</i>	<i>CITY</i>	<i>ZIP</i>
<i>TELEPHONE#</i>		<i>CELL #</i>
<i>SCHOOL</i>		<i>EMAIL</i>
<i>PREVIOUS WRESTLING EXPERIENCE</i>		
<i>PAID DATE</i>	<i>/ /</i>	<i>CHECK #</i>
		<i>CASH</i>

Make checks payable to LAB-Wrestling

HOLD HARMLESS AGREEMENT

Whereas, Liberty High School, 3548 Home Road, Powell, Ohio has offered to permit the undersigned parent or guardians to insure their child under the schools accident insurance policy against losses arising in, or going to any athletic or extracurricular activity sponsored by the school:

Whereas, the undersigned parent or guardians have declined to accept the schools offer of insurance: Now therefore, it is hereby agreed as follows:

- 1. Liberty High School agrees to permit the child of the undersigned parents or guardians to participate in the school athletic and extracurricular activities without being covered by the school's insurance policy.*
- 2. In consideration therefore, the undersigned parent or guardians hereby agree to Hold Harmless Liberty High School, its employees and agents against all claims with the undersigned parents or guardians, administrators or assigns, may have against Olentangy Schools as a result of injuries which their child may sustain at, or going to or from any athletic or extracurricular activity sponsored by Liberty High School and LAB. In witness Whereof, we have set our hands this:*

_____ day of _____ 20_____.

Student

Parent/Guardian