



## Team Nicola Trained- Wrestling Seminar Registration & Release

Full Intensity Training (FIT)

1112 Pierremont Road Shreveport, LA

Complete & return this document by 7-20-19 to receive free T-shirt

Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Email \_\_\_\_\_

Shirt Size \_\_\_\_\_

I hereby authorize Nicola Wrestling Seminar Seminar/FIT staff to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the staff and Full Intensity Training from all liability for any injuries or illness incurred while at seminar.

Participates Signature \_\_\_\_\_ date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ date \_\_\_\_\_

**SIGN HERE (Legal Guardian if under 18 years old)**

\$165 payable [check/cash] to **Mark Yawn – 613 Jonathan Clay Drive, Shreveport, LA 71106**

[markyawn@comcast.net](mailto:markyawn@comcast.net) or 318-426-3569

**This release must be signed for your child to participate.**



# Team Nicola Trained

Wrestling Seminar

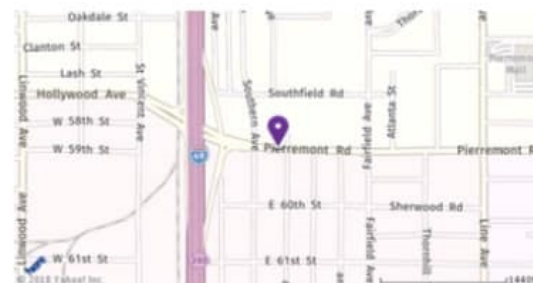
7/28-31/2019



**Send Registration & Release today (before 7-20-19) to enroll to receive free T-Shirt**

We are very excited to host Coach Andrew Nicola, 4X USAW Masters National Champion, former college head coach, 9 years college coaching experience & USAW Silver Certified. Coach Nicola has coached athletes at Brother Martin for 4 years, and has just been **named head coach**. Brother Martin has won Louisiana State Wrestling Championship 7 out of 8 years. We tried for over two years and finally was able to book Coach Nicola last year. We feel as though our North Louisiana athletes will realize a new level of success with Coach Nicola's instruction and the level of intensity he brings.

**Location FIT, 1112 (corner of Southern Avenue and Pierremont Rd.)**



Dates: Sunday July 28, thru Wednesday July 31, 2019

Sessions: Students will participate in two sessions each day from 9:00 AM to 3:30 PM

Lunch Break: 11:00 AM to 1:30 PM

Lunch: Please send participant with **Lunch, Snacks and Drinks**. **Coolers will be provided for food and drink. Please do not send any peanut items due to possible allergies among some of the athletes. Please hydrate your wrestler before the camp starts, and everyday!**

Discussion: This coach can tell you what it takes to become a successful high school wrestler and what colleges are looking for. He will be able to answer questions on what it takes to compete at the next level.

Waiver: The Nicola Seminar emergency contact and waiver must be brought and signed by legal guardian or parent for anyone under 18 years of age, or they will not be allowed to participate without this release.

Who: 11 years old through adult **Cost: \$165 per wrestler** cash/check



Contact Coach Yawn - [markyawn@comcast.net](mailto:markyawn@comcast.net) 318-426-3569