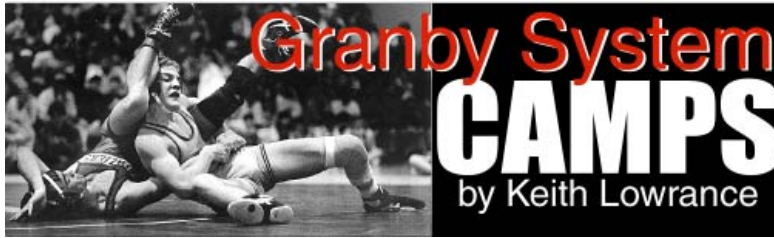


Photo Copies  
Accepted

**2007**  
**Fall Clinic**



Checks Payable To  
Granby System  
Wrestling

www.granbysystemwrestling.com

# FALL CLINIC IN MICHIGAN

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Credit Card #: \_\_\_\_\_  
Visa, MasterCard, Discover, American Express  
Expiration Date: \_\_\_\_\_ Amount: \_\_\_\_\_  
Credit Card Holder: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_  
Age: \_\_\_\_\_ Weight: \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Coach \_\_\_\_\_ Grade \_\_\_\_\_  
Years of Experience \_\_\_\_\_ Place in State Tour. \_\_\_\_\_

This Clinic Meets MI High School Rules  
because it not held at a public high  
school. All wrestlers are eligible to attend.  
It's been cleared by MHSAA.

<b>East Lansing, MI</b> <b>FALL CLINIC</b> <b>November 3</b> <input type="checkbox"/> \$75 Clinic Fee	<b>Location: Michigan State Wrestling Gym – IM West</b> East Lansing, MI 48824 <b>Local Host: Todd Cheney</b> (810) 624-1528
<b>SCHEDULE:</b> <b>Saturday, November 3</b> 9:00-9:15 Registration 9:15-12:00 Session 1 12:00-1:00 Lunch (on your own) 1:00-3:00 Session 2 3:00-3:15 Break 3:15-5:00 Session 3	<b>HOTEL INFO:</b> <b>Candlewood Suites</b> (517) 351-5500 <b>Quality Inn</b> (517) 351-1400

<p align="center"><b>ENROLLMENT</b></p> <p>To enroll in the Granby System Wrestling Camp, you may send payment in full with your application. <b>Your payment must be received 14 days prior to camp, or you must pay by cash or money order at registration.</b></p> <p><input type="checkbox"/> <b>PARENT MUST SIGN APPLICATION</b></p>
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<p align="center"><b>MAIL TO: Keith Lowrance</b>  <b>4817 Admiration Drive</b>  <b>Virginia Beach, VA 23464</b>  <b>1-800-547-2629</b></p>
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**PARENTS: PLEASE READ AND SIGN.**

1. My child has permission to attend the Granby System Wrestling Clinic at Holly Academy.
2. I have no knowledge of any physical impairment that would affect or be affected by my child's participation in the Granby System Wrestling Clinic at Holly Academy.
3. I acknowledge that, at the clinic, my child will participate in a sport that will involve physical contact of the body with other persons or objects including the mat where he may risk injury.
4. I specifically, fully and forever, waive and release Granby System Wrestling and Holly Academy, its owners and staff from liability and claims for damages my child may sustain at camp and in travel to and from said camp.
5. In the event of an emergency in which my child requires medical care, I authorize the staff of the Granby System Wrestling Clinic to obtain, for him, necessary medical treatment.

**PARENT'S/GAURDIAN'S SIGNATURE**

Emergency Phone \_\_\_\_\_  
(not home)

Drug Sensitivities \_\_\_\_\_  
Other Allergies \_\_\_\_\_  
Co Policy Number \_\_\_\_\_  
Insurance \_\_\_\_\_

## Lift Your Wrestling To The Next Level

**It's so much easier than you think.**

Granby System has the formula that you can implement immediately. When you use it, you will discover how to achieve wrestling success beyond your wildest dreams.

**In just the last 5 years, over 30 teams using our formula have won state team titles.**

**Leave Competitors Scratching Their Heads In Amazement With Holds They've Never Seen Before.**

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### **Presented By National Hall of Fame Coach KEITH LOWRANCE**

- Granby State Champion
- Two-time Big Ten Champion
- Two-time All-American
- Coached State Champion teams at Granby and Kempsville High Schools
- Virginia and National Coach of the Year
- Record 271-33-2
- Coached 35 State Champions, 102 Place-winners
- Several High School and College All-Americans
- Produced the nationally renowned Granby System Videos

Coach Lowrance is well known as one of the outstanding teachers of wrestling in America. Through his camps, clinics and videos he has had a tremendous influence on dozens of NCAA champions, hundreds of state champions and high school champion coaches.

#### **Clinicians Also Include:**

Outstanding Granby-trained Instructors who have helped run our camp for years.

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### **GRANBY SYSTEM**

- **An approach to takedowns that dominates opponents**
- **Bottomwork that gets you out everytime**
- **How to Ride, Tilt, and Pin your way through the season**
- **The absolute best, most successful techniques in wrestling**
- **Details, Drills, and Strategies to easily master these techniques**
- **A youth training plan that produces immediate and long term impact**

Learn our  
**TOPWORK  
SERIES**  
and become a  
**PINNING  
SENSATION**

#### **TOPWORK**

- Cradles
- Turk
- Pressure Rides
- Bar Tilts
- Tight Pins
- And More

We'll show you  
how to  
**TAKEDOWN  
ANYBODY**  
at **ANYTIME**

#### **TAKEDOWNS**

- Inside Step
- Sweep Single
- High Crotch
- Front Headlock
- Set-ups & Finishes
- And More

Reverse every  
opponent with our  
**UNSTOPPABLE  
BOTTOM  
WORK**

#### **BOTTOMWORK**

- Granby
- Shrug
- 5-Point Rolls
- Standing Granby
- Granby Motion Series
- And More

## **AN UNHEARD OF OPPORTUNITY**

If you are a wrestler or coach who wants to **score more takedowns, pin more opponents, upgrade and transform yourself into a top level wrestler or coach, and win more matches**, then this is the camp to come to. We will do all of those things and more. We will present a systematic approach to wrestling that builds champions.