

THE GRANBY SERIES

TAKEDOWNS

Learn...

- ◆ setups and finishes for the Sweep Single
- ◆ simple setups for the Inside Step and Russian Arm Series
- ◆ the Granby School's Front Head Lock Series
- ◆ our patented Iranian Series to successfully finish poor shots



BOTTOM

Learn...

- ◆ the Shoulder Granby, the hold that Billy Martin invented
- ◆ the Head Shrug, the basis building block on the bottom that can be executed from the ref position, sit-out, or change-over motion
- ◆ the Head Granby, the most powerful shrug from the bottom
- ◆ our patented Forced Roll series that finishes all bottom techniques with a sure five-point hold
- ◆ our Standing Rolls that can be easily incorporated with your stand-up series
- ◆ Tilt and leg defense



TOP

Learn...

- ◆ the Radman Ride and how it sets up the Arm Bar and Churella Tilts, Turks, and Cradles
- ◆ special techniques to stop the Stand-up, Switch, and all first holds off the whistle
- ◆ Tilt and leg defense

A Coaches Meeting will be conducted on how to:

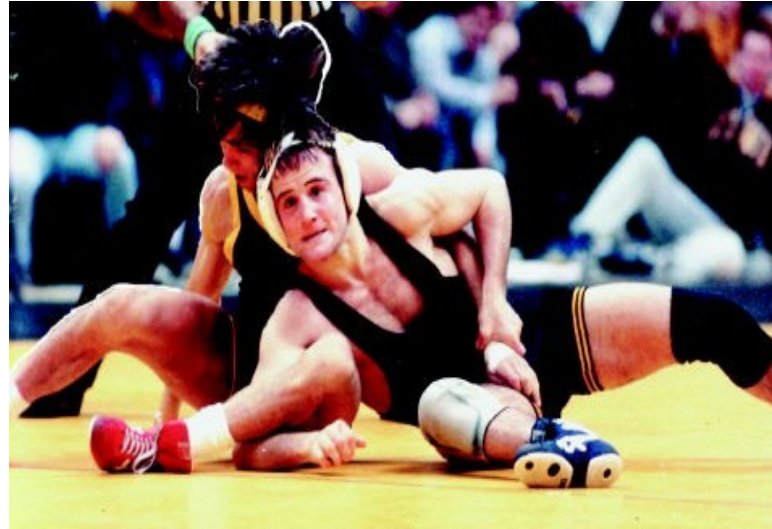
- **Run a practice
- **Conditioning
- **Strength Training
- **How to run and set-up a championship program from scratch
- **Psychology

***A short video will be shown to illustrate that the technique shown at this clinic works in championship competition**

***A modified practice simulation will take place**

***Standing Granby competition will take place**

The Martin's Granby School of Wrestling, Inc. Clinic 2019



Site/Dates

***Hampden-Sydney College
1 College Road
Hampden-Sydney, VA 23901**

**Date Available:
June 16-19, 2019**

OPEN TO ANY AND ALL ENTRANTS

Register online at:
www.granbyschool.com

**Presented
Granby School
of
Wrestling, Inc
For More
Information
1-757-482-2177**

**Granby School of Wrestling, Inc.
PO BOX 15265
Chesapeake, VA 23328
1-757-482-2177**

*****Hampden-Sydney College**

June 16-19, 2019

Photo Copies
Accepted

Detach and Mail

CASH, MONEY ORDERS, CASHIERS CHECK
ACCEPTED ONLY ON SITE

GRANBY SCHOOL STAFF

Granby School of Wrestling, Inc.

Application and Parental Permission

Name _____
Address _____
City/State/Zip _____
E-mail Address _____
School _____
Age _____ Weight _____
Phone () _____ Fax () _____
Coach _____ Grade _____

_____ June 16-19
Deposit of _____ Check # _____
****Cost: \$390 for Residential Camp (includes room and board)**
****Commuter Fee \$290 (room and board not included)**
Father/Son Rate—\$250 for Father
Coaches are Free with 5 or more wrestlers
****\$20 Discount with teams of 10 or more**


ENROLLMENT
To enroll in the Granby Clinic you may pay in full or send a **\$100 non-refundable deposit** with your application. **Balance may be paid at registration by cash only. NO CHECKS WILL BE ACCEPTED 14 DAYS PRIOR TO REGISTRATION. ONLY CASH, CERTIFIED CHECK OR MONEY ORDER ACCEPTED AT REGISTRATION.** Early registration is encouraged. No wrestler will be accepted without a signed parental permission and waiver form. **Deposits are non-transferable.**

Mail to: PO Box 15265, Chesapeake, VA 23328 Include deposit (check or Money order) of \$100.00 payable to **Granby School of Wrestling. Only CASH, CERTIFIED CHECK OR MONEY ORDER ACCEPTED AT REGISTRATION.** Upon receipt of deposit you will receive a confirmation letter. This form may be duplicated. Do not send form without parents signature.

Sunday (June 16)
12:00 – 2:00 pm Check-in
3:00 – 5:00 pm Session 1
5:00 – 6:30 pm Dinner
7:00 – 9:00 pm Session 2
Monday (June 17)
7:30 – 9:00 am Breakfast
9:15 – 11:15 am Session 3
11:15 – 12:15 pm Live Wrestling (Optional)
11:30 – 1:30 pm Lunch
2:30 – 4:30 pm Session 4
5:00 – 6:30 pm Dinner
7:00 – 9:00 pm Session 5
Tuesday (June 18)
7:30 – 9:00 am Breakfast
9:15 – 11:15 am Session 6
11:15 – 12:15 pm Live Wrestling (Optional)
11:30 – 1:30 pm Lunch
2:30 – 4:30 pm Session 7
5:00 – 6:30 pm Dinner
7:00 – 9:00 pm Session 8 (Granby Contest)
Wednesday (June 19)
7:30 – 9:00 am Breakfast
9:15 – 11:15 am Session – 9 Final Session
11:15 – 12:15 pm Checkout

Parents : Please read and sign
1) My son has permission to attend **Granby School of Wrestling, Inc.**
2) I have no knowledge of any physical impairment that would affect or be affected by my son's participation in the **Granby School of Wrestling, Inc.**
3) I acknowledge that at camp my son will participate in a sport that will involve physical contact of the body with other persons or objects including that mat where he may incur a risk of injury.
4) I specifically, fully and forever, waive and release the **Granby School of Wrestling, Inc.**, its owners and staff from liability and claims for damages my son may sustain at camp and in his travel to and from said camp.
5) In the event of an emergency in which my son requires medical care, I authorize the staff of the **Granby School of Wrestling, Inc.** to obtain, for him, necessary medical treatment.
Drug Sensitivities _____
Insurance Co _____
Other Allergies _____
Policy Number _____
Emergency Phone Number _____

Parent/Guardian Signature _____

 All of our staff members are master teachers.

The majority of the staff coach at

the high school level in championship programs.

The remaining portion of our staff are competing

In college at Old Dominion University or wrestle

For several Division I Universities throughout the

Nation. All are products of the Granby School and

Excellent teachers.

Hampden-Sydney College:

PRIMARY CONTACT

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EMAIL steve@granbyschool.com