



Xtreme Couture Wrestling Club

Xtreme Couture Wrestling Charter Club is designed for dedicated and serious wrestlers looking to advance to the next level. Students will be trained by world class wrestlers in Folkstyle, Freestyle, and Greco-Roman wrestling as well as submission grappling.

OUR MISSION: Our mission is to build a new breed of wrestler by providing our wrestlers with a year round opportunity to train and receive mentorship of the highest quality. Xtreme Couture wrestlers will be provided with the perfect environment in which to progress as wrestlers, individuals, and ultimately to reach the goals they have set for themselves.

OUR PHILOSOPHY: We believe that any wrestler can become a champion with desire and the proper coaching. Becoming a champion at any level involves a strong and devoted commitment. The higher the level of competition, the higher the level of commitment required. To develop a state or national champion takes a serious commitment on both the wrestler and the coach's part. In developing a state and national champion, we implement the philosophy that a wrestler needs to have an arsenal of varying low and high level moves that can be used as the second, third, fourth, and fifth moves. Using these moves in succession is called "chain wrestling"; our wrestlers' ability to execute a relentless attack is what will separate Xtreme Couture Wrestlers from the rest.

Because we afford our wrestlers year round training opportunities we expect them to compete year round. This is part of the extra commitment Xtreme Couture Wrestlers make to become champions. Xtreme Couture Wrestlers dedication to the Freestyle and Greco season will make them better folkstyle wrestlers, and will also put them on the national scene from which college coaches choose their recruits. There are many intangibles to be gained by training like a champion; all are invaluable in life. Our coaching philosophy is based upon the premise of hard work, commitment, dedication, and discipline. It is upon this foundation that Xtreme Couture Wrestling will forge state champs, national champs, and college graduates.

1) What does Xtreme Couture Wrestling offer?

To begin with, Xtreme Couture offers a year round opportunity for our athletes to train. We are season specific, with four separate sessions to accommodate Xtreme Couture athletes. Our athletes can meet with the staff to plan out the upcoming season's goals, diets, training schedules, or to just sit down and discuss issues with the coaches who have already confronted them.

2) What is unique about the training and instruction at Xtreme Couture?

We realize that there is more to wrestling than just learning technique. With over forty years of wrestling experience between Eugene Harris, Gray Maynard, and the Xtreme Couture staff, we have designed a coaching method that encompasses all facets of

wrestling. Xtreme Couture will have weight programs available that are wrestling specific. We will be able to sit down with our wrestlers and map out their goals for the upcoming season, write out a diet plan to help them compete optimally, or to help them understand the psychology of competing and training. Xtreme Couture can and will help our athletes with virtually anything to reach their goals as a student athlete.

3) Why not just participate in a local kid's program or at my high school?

A student should be involved in their local or school program while receiving supplemental training at Xtreme Couture. It is Xtreme Couture's job to meet the needs a wrestler has in order to make him/her a better wrestler, whether he is a youth wrestler learning the sport or a state champion fine tuning his technique. We will provide an environment in which everyone can succeed. We have a vested interest in every wrestler that walks through our doors.

4) What is the difference between camps/clinics and Xtreme Couture?

Camps and clinics are recommended and encouraged. A wrestler can learn a specific clinician's style or a tune up, but camps/clinics are no substitute for the long term, comprehensive training offered at Xtreme Couture. Your son/daughter will get the individual attention and instruction that is cutting edge. We have a full time staff that is always available as a resource to our wrestlers. The instructors at Xtreme Couture coach technique that is comprehensive and proven to be effective. Our curriculum is composed of high scoring percentage moves used at all levels of wrestling, with an emphasis on subtle details. This is important since long-term success cannot be attained without first developing sound fundamentals.

5) What else can Xtreme Couture offer?

One of Xtreme Couture's biggest assets is experience. This will benefit athletes looking to wrestle in college. We can answer questions and guide our athletes into a college for their particular goals and interests. Xtreme Couture coaches have been on both sides of the recruiting process, and will help in any way possible. We have relationships with coaches across the country that know us on a personal basis and will look to our club for prospects.

Junior High (6th THROUGH THE 8th GRADE)

- 1 hour 30 minutes, 3 times per week
- Reinforcement of basic skill, advanced technique, tactics, & strategy.
- Conditioning and Strength training that is suitable and necessary for this age group.
- Enforce short and long term goals both athletically and academically.
- Impress upon each athlete the importance of maintaining high academic standards through high school, in turn making the college acceptance process much easier.

Advancing levels not only provides a sense of achievement, it will also require more focus and discipline. Academically and athletically junior high athletes will learn why hard work, discipline, determination, and goals are a necessity for achievement in all aspects of their lives. At this age individuals need to realize the responsibility and preparation needed for them to step up to the challenges of high school both academically and athletically. Games and enjoyment of the sport will still play a role in the overall program of our junior high athletes.

Junior high athletes will be introduced to new wrestling techniques and strength training. They will have more opportunities to demonstrate and execute the techniques they have learned in match simulated drills and activities. Repetition of basic fundamentals will provide our wrestlers with the necessities for success.

The Junior High level strength training will build the optimal foundation of strength, explosion, agility, and speed while allowing proper room for maturity and growth. During this phase of physical development, correct lifting technique will be the primary focus. We will provide a fun environment that will push these athletes to build themselves to be the best they can be on and off the mat.

HIGH SCHOOL

- 1 hour 30 minutes, 3 times per week
- Season planning will consist of helping each wrestler plan their season to help them perform optimally academically and athletically.
- Goal mapping gives the individual clear and direct personal goals that will motivate and guide them through their career with Xtreme Couture Wrestling.
- College advisement will be one of Xtreme Couture biggest benefits. We will help our athletes individually through the college preparation and selection process.
- Refinement to individual wrestling styles/techniques will help each athlete develop his own personal style that compliments his body, strength, speed, and agility. We will instill a never quit, non-stop scoring mindset which will prepare each wrestler for top level competition.
- Conditioning and Strength training that will be needed to become an elite wrestler in the state, region, nation, and world.

Our high school program will be second to none in the country. Our goal is to stimulate growth of our athletes both mentally and physically. In today's world high school isn't enough. We will be the supplement that will guide these champions into college with the knowledge of what it will take to become successful. Xtreme Couture athletes will be expected to accept the commitment needed to better them academically, athletically, and personally.

Xtreme Couture athletes will have intense workouts learning cutting edge technique, training methods, and nutrition. There will be match simulated drilling and live wrestling with top level athletes. The high school program will learn proper weight lifting and conditioning techniques. Along with technique we will educate and provide optimal schedules to increase strength, flexibility, power, agility, endurance, and minimize the risk of injury. We expect our high school athletes to come to each practice prepared to put in the time and effort needed to succeed. We will not only build them athletically for college, we will also provide college recruitment counseling. Xtreme Couture will make sure all juniors and seniors are on the right track to attend college. Our high school program has two goals; have each athlete achieve their peak performance, and continue their education after high school.

Coaches

Owner – Randy Couture

25 years of training in freestyle and Greco-Roman wrestling
4 time Olympic team alternate
Second at the 1992 and 1996 Olympic trials, third in 1988 and 2000
Three-time NCAA D-1 All-American at Oklahoma State
Two-time NCAA finalist
Pan-Am gold medalist
4-time World Team Member
9th at 1997 World Championships
4-time Greco National Champion
2-time Outstanding Wrestler in the U.S.

Head Coach – Eugene Harris

High School:
2-time Nevada State Champ
High-School All-American
Nevada High School Coaches Association Wrestler of the Year
College:
Team Captain at University of Oregon
NJC and NCAA All-American
Pac-10 Champion
Pac-10 Outstanding Wrestler
University of Oregon Wrestler of the Year
Currently a Team Nevada board member, Eugene has worked with numerous Nevada state champions during his tenure as a high school coach.

Assistant Coach – Gray Maynard

High School:
State Runner-up Ohio
2-time State Champion (Nevada and Ohio)
Captain of 1998 Team National Champion (St. Edward High School)
High School National Champion
College:
Junior National Runner-up
Big Ten Runner-up
2-time Michigan State Outstanding Wrestler award
3-time All American at 157lbs

Coach – Jay Hieron

High School:
3 time County Champ 91-lbs, 105-lbs and 126-lbs
2 time State Runner up
All American senior year
College:
All American
Junior College National Champion at Nassau Community College
Wrestled at Hofstra

Schedule / Membership Dues

Program Information

- Conditioning/Pre Season (August – October)
- Folkstyle Season (November – January)
- Freestyle/Greco Seasons (February – April & May - July)
- All seasons cost \$525. (We will prorate the cost of membership dues based on startup date within a given season.)

Schedule Information

- Xtreme Couture Wrestling Club will hold practices Tuesday and Thursday evenings at 7:00 and Saturday mornings at 9:00.

Tuition & Payment Information

- Tuition is due at the time of enrollment and can be paid by cash, credit card (Visa or Mastercard) or money order.
- A 10% discount will be applied to tuition if more than one season is paid at a time.
- Family Discount: Families enrolling more than one sibling will receive a 10% discount applied to each student's tuition.

**Discounts can not be combined*

USA Wrestling card will be included in club membership (\$35 value). Card will cover students insurance to and from the gym and events.

TARDINESS & ABSENCES – We will only have 1 ½ hours each practice, every second is critical to your training. You must be responsible and put in the time and effort to succeed. WHAT YOU PUT IN IS WHAT YOU WILL GET OUT.

NO PARENTS OR COACHES IN THE WRESTLING ROOM – Once again we only have a certain amount of time; every wrestler needs to be focused on improving their skills. In order to do this we need their undivided attention.

MEMBERSHIP APPLICATION
Xtreme Couture Wrestling Club

First Name: _____ Middle: _____ Last Name: _____
Nickname: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Birth Date: _____ SS#: _____

School Information: Current School: _____ Current Grade: _____

Medical Information:

Doctor Name: _____ Doctor Phone: _____
Permission for Doctor/Hospital: ___ Yes ___ No
Does your family have health and/or accident insurance? ___ Yes ___ No
Insurance Carrier: _____
Policy #: _____ Group#: _____
Serious Health Problems: ___ Yes ___ No
If yes, explain: _____

Medications: ___ Yes ___ No If yes, explain: _____

Emergency Contact (Name, Relationship, and Phone #): _____
Emergency Contact (Name, Relationship, and Phone #): _____

General:

Birth State/Country: _____
Parent Understood Signed Insurance Disclaimer and Permission Statement: ___ Yes ___ No
My child has permission to be used in public relations material: ___ Yes ___ No

Wrestling Experience:

Number of years wrestling: _____
Style of wrestling and years of experience: ___ Freestyle ___ Greco ___ Scholastic
Awards and Honors Received: _____

Other activities: (Circle all that apply)
Work - Martial Arts - Football - Baseball - Swimming - Gymnastics - Lacrosse - Basketball - Soccer
Hockey - Track - Church Groups - School Clubs
Other (Please explain) _____

Physical: Eye Color: _____ Hair Color: _____ Height: _____ Weight: _____

Disclaimer:

Xtreme Couture Wrestling Club is not responsible or liable in any way in the event of harm or injury occurring to the child. It is agreed that the parent or guardian will not hold Xtreme Couture Wrestling Club responsible for the welfare or whereabouts of the child. If the Parent or Guardian does a file a complaint against the Club the Parent or Guardian agrees to pay for Xtreme Couture Wrestling's legal fees.

Parent's Signature: _____ Child's Signature: _____