

# LEHIGH VALLEY ATHLETIC CLUB

www.lvacwrestling.com

## **WINTER FOLKSTYLE CLINICS**

**GET READY FOR THE POSTSEASON!!!**

**When: Sundays (1– 3pm): 1/25/09, 2/1/09, 2/8/09 & 2/15/09**

**Where: Wrestling Room / Taylor Gym - 5<sup>th</sup> Floor, Lehigh University**

**Price: \$40 for all 4 sessions or \$15/session**

**Contact us:**

**Jason Kutz - jmk504@lehigh.edu or Jon Trence - jon.trence@gmail.com**

**Must have '08-'09 USA Wrestling Card, USA Card required for participating in any practice  
CARDS CAN BE PURCHASED ONLINE AT [www.themat.com](http://www.themat.com) (click on membership link)**

**Private lessons** also available – contact Jason Kutz or Jon Trence for details and times.  
(LVAC Membership and USA Card Required for lessons)

**Jason Kutz**

2<sup>nd</sup> - 2003 U.S. Freestyle World Team Trials  
EIWA Champion  
World Military FS Champion

**Jon Trence**

3x NCAA All-American Lehigh (197) – 2<sup>nd</sup>/2<sup>nd</sup>/3<sup>rd</sup>  
5<sup>th</sup> 2004 U.S. FS Olympic Trials  
Jr National FS & GR Champion  
University World Bronze Medalist

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ '08-'09 USA Card #: \_\_\_\_\_

Division: (circle one)      HS- Junior      Cadet      Schoolboy  
(9<sup>th</sup>–12<sup>th</sup> grade)      1993-94      1995-965

\_\_\_\_\_ (the wrestler) is attending the Lehigh Valley Athletic Club (LVAC) clinics at his/her own risk with the permission of his/her parent(s)/guardian. LVAC, its staff and board members shall not be held liable for any damages arising from personal injury or any other damages sustained by the wrestler during the clinic sessions.

Signature Parent/Guardian: \_\_\_\_\_ Signature Wrestler: \_\_\_\_\_

**Questions? Email: Jason Kutz - jmk504@lehigh.edu or Jon Trence - jon.trence@gmail.com**

**Space limited to the first 50 wrestlers.  
Team Discounts available – contact Jason Kutz or Jon Trence**

Please complete your registration with a check for payable to: Lehigh Valley Athletic Club  
Lehigh Valley Athletic Club, c/o Denny Diehl, 54 S. Commerce Way, Suite 172, Bethlehem, PA 18017

**Thank you for your registration**