

Randy Couture and Phil Lanzatella have known each other for years, meeting in the army and strengthening their friendship while training and competing together on the US National and Olympic Wrestling Teams. They bring a wealth of knowledge and experience to a weekend of clinics. All sessions will be divided into two groups. Please do not sign up for group 2 unless you have experience.

Group One - each session will be a clinic for the beginner to intermediate level participant who has limited wrestling and/or self-defense skills. They will gain a basic development of these skills.

Group Two - participants will learn more advanced skills and strategies with each session focusing on a different component. Each advanced session will be broken into Mental Training, Footwork/Stand-Up, and Ground Game. Although advanced participants are encouraged to sign-up for all sessions, each session is independent from the other.

All participants **must** sign the 'waiver of liability' and 'release of medical consent' sections provided on this form. Athletes are not allowed to participate unless they have their own insurance. Anyone under the age of 18 years old **must** have a parent/guardian co-sign these sections. If the registration form is not completely filled out, athletes will not be allowed to participate in the clinic, but will be allowed to watch.

This is a once in a lifetime experience as Randy is rarely on the East Coast and never conducts a clinic for this low of a fee. With the growing popularity of the UFC, everyone should register early as sell-out crowds are anticipation and participation is on a first come, first serve basis.

Please call Phil Lanzatella with any questions at (585)-347-4285

Coach's Credentials:

Randy Couture:

- UFC Hall of Fame inductee 2006
- UFC Heavyweight and Light Heavyweight Champion
- 14-8 UFC record including wins over Chuck Lidell and Tito Ortiz
- Coach on two Ultimate Fighter Competitions (1 and 4)
- Over ten years experience with USA Wrestling

Phil Lanzatella:

- Five-time Olympian
- Two-time USWF Wrestling Champion
- 21 years in USA Wrestling
- Coached at the Olympic, College, and High School Level

Fees: Each Session: \$60 (Discounts available for multiple sessions)

Group One: Beginner sessions will focus on components of the beginner/intermediate skills of all advanced sessions.

Session 1

Group 1: Beginner/Intermediate Clinic

Group 2: Mental Training

Friday November 3

5-7pm

Group 2: Randy talks about the mental preparation it takes to succeed from the local, amateur level to the international and professional level. Examples of topics are goal setting and overcoming setbacks.

Session 2

Group 1: Beginner/Intermediate Clinic

Group 2: Footwork/Stand-Up

Saturday November 4

10am-12pm

Group 2: Work on advanced offensive and defensive skills and strategies that help athletes while they are on their feet. Also focus on takedown offense and defense using wrestling and martial arts skills.

Session 3

Group 1: Beginner/Intermediate Clinic

Group 2: Ground Game

Saturday, November 5

2-4pm

Group 2: Once you've taken your opponent to the ground, learn advanced offensive wrestling and martial arts skills and strategies. Also improve your defense while in the guard position.

Session 4

Group 1: Beginner/Intermediate Clinic

Group 2: Q & A with Mock Situations

Sunday, November 5

8-11am

Group 2: Through Q & A and demonstrations, Randy will answer "what if?" scenarios in match situations.

NOTE: Autograph, and photo sessions will be available during every session. Merchandise will also be available for purchase.

Registration Form Page 2:

Waiver of Liability:

I hereby waive Randy Couture, Phil Lanzatella, the Webster School District, and all related staff and sponsors, of any liability during the wrestling and self-defense clinics held from November 3-5, 2006, at Spry Middle School. While all demonstrations are in a controlled environment with trained professionals, I knowingly participate with the understanding that accidents do occur which could lead to injury or death, and therefore will not hold any above parties responsible if such an occurrence takes place.

Participant's Signature

Date

Parent's Signature (if participant is under 18)

Date

Consent of Medical Treatment:

I hereby grant permission, in case of injury, to have an athletic trainer, emergency medical technician, paramedic, nurse, and/or medical doctor provide me with medical assistance and/or treatment.

Participant's Signature

Date

Parent's Signature (if participant is under 18)

Date

Please cut off this section and mail with payment to:

**Phil Lanzatella
1007 Rousseau Dr.
Webster, NY 14580**

Registration Form Page 1:

Last Name First Name

Address Apt. #

City State Zip

Phone Number Date of Birth

Email Address

Please select which session(s) you will attend:

Session 1: Beginner
Adv. Session 1: Mental Training
Friday, November 3
5-7pm

Session 2: Beginner
Adv. Session 2: Stand-Up
Saturday, November 4
10am-12pm

Session 3: Beginner
Adv. Session 3: Ground Game
Saturday, November 4
2-4pm

Session 4: Beginner
Adv. Session 2: Q & A with Mock Situations
Saturday, November 4
10am-12pm

Fees (check appropriate box):

One Session: Cost \$60

Two Sessions: Cost \$100

Three Sessions: Cost \$150

All Sessions: Cost \$200

NOTE: Although walk-ins will be accepted, early registration is encouraged as *all* sessions are expected to sell out quickly. All mail-in payments *must* be made by check or money order. **Cash payments accepted only at the door.** All checks and money orders should be made out to "Phil Lanzatella." All payments made are non-refundable.

Phil Lanzatella
1007 Rousseau Dr.
Webster, NY. 14580

Mail to:



UFC LEGEND

RANDY

***The**

natural*

COUTURE

ALONG WITH
USA WRESTLING GREAT

PHIL

LANZaTella

HOST A WEEKEND OF
**WRESTLING, MARTIAL ARTS, AND
SELF-DEFENSE CLINICS**

SPRY MIDDLE SCHOOL

119 South Ave, Webster, NY

NOVEMBER 3-5, 2006