

## Welcome to Purler Wrestling Academy Est. 2003

(Please keep for your records)

NON PARTISAN  
NO EGOS  
NO GAMES  
NO FAVORITISM  
NO DRAMA!

Joining toward the end of the season? Please don't expect magic! No young person or coach is a magician. PWA is for wrestlers who want to get great at the sport! Personally, I'm looking for steady improvements each month. 8-12 months a year of 'active' participation is needed. After 25 practices, you should see a HUGE improvement in HOW your son wrestles and approaches his matches. Wrestling is more of a 'chess match' and an 'attitude' than anything, and HOW one wrestles is more important than anything. And kid and suck weight, learn match ending moves, and win a lot of youth/HS meets. COMMIT to one session a week, and your son WILL gain years of experience on his competition. Join in February looking for a magical cure....it's not going to happen. If you join in February, that is great, but I expect to see your son weekly in April...May...June...etc. Please have serious expectations from your son. If you miss a little during baseball, please get to a location during football. Please don't miss 7-8 months a year for these sports and expect me to get your son 'caught up' during the season.

'LIKE fb/purlerwrestlingacademy to stay notified on snow cancellations, schedule etc.

Twitter: @purlercamps

**PLEASE.....EMAIL ME AT [tony@tonypurler.com](mailto:tony@tonypurler.com) along with your son's name, your cell number, and night of training, to be placed on my email list.**

Please no **coaching or yelling** at your son during practice. It's distracting having several people yelling during practice. Keep consistent, be patient. Parents that are committed, and are in it for the long term, are typically patient, and they can idly sit back and watch their son make big gains each month (not every practice). So please be patient with your son.

- **Tuition** is done thru the website. Click Purler Wrestling Academy, then PWA online registration, and follow the registration process. Once you register online, fees will be deducted on the same day each month. Do not just click payment center, follow the directions above, and you will be sent to the payment center.
- No credit for missed workouts, snow days, holidays, etc, as there are several months a year that contain 5 training sessions a month (ex: 5 Mondays in a month). Should you MISS a session, you are welcome to attend a different location that week to make it up. All my travel expenses to Nat'l meets for coaching is included. Also, from May-Oct (1/2 a yr), kids are welcome to attend all the Mon-Wed sessions they choose. Your sons skill development is a journey, please be patient, and your son will learn how to wrestle, and how to win positions, and not just learn moves. Becoming an expert at this sport is a process.
- **Snow days:** Please check your email prior to attending practice should there be bad weather. ESPECIALLY if you drive a long distance or are new to the program and I don't have an app or email from you... text or call me personally, 816-304-0313. EARLY SCHOOL CANCELLATIONS: Please check the weather or your email, as we will not hold practice should schools close school early to weather.
- Family Discounts: 30% per sibling (up to 2 additional siblings). 2 Wrestlers: 135.00

- **No Video cameras allowed.**
- **Be patient.** This is a tough sport. After about 25 practices, your son should be competing with a totally different level of wrestler. He will be excited, and your time spent all winter in a hot crowded gym should be much more enjoyable. But, this is a tough sport, and patience and consistency is paramount. If you join right before your sons state series, please hope for some quality live wrestling, and no miracles. No coach is a miracle worker. If you are committed to your sons wrestling career, then attending once a week thru the 'off season' shouldn't be a huge commitment. Most of my best wrestlers are also great at baseball and football, but they choose to miss one baseball or football practice a week to be committed to this tough and frustrating sport.
- **Be consistent!!! As in life, just showing up is 90% of it! I hate seeing a good wrestler take a month off, and then see that 'month' turn into 6-8 months! He comes back to the rooms behind, and frustrated. And I'm sure there's nothing worse than sitting in a hot gym all winter long watching your son be frustrated, lost, and struggling. Again...Showing up is 90% of it. Staying consistent is a necessity. "Those Who Stay Will Be Champions"**
- **Burnout?** I don't think 2 hours a week can burn someone out. I worry about my daughter, who is a 11 years old gymnast, who trains 25 hours a week. Don't forget, young girls in gymnastics put in way more hours than wrestlers do. There is no comparison. If your son loves wrestling and wants to get better, then any means to keep him involved in the program thru a portion of the 'off season' should be taken.
- **Time off:** Should your son need a short break, you have the option to pay tuition to reserve your spot. I can't guarantee the room won't fill during your son's absence. All are encouraged to reserve their spot should they take time off. And please don't let one month turn into 3-7 months. Should this be the case, please do not expect miracles from myself or your young son when he starts back up. He will be behind the others technically, his timing and confidence will be off, etc.
- **Quick fixes:** There are no quick fixes in wrestling. With this sport, a serious wrestler can't practice only when it's convenient for him. He CAN practice during baseball and football season, and most serious wrestlers do. Once a week is a small commitment. PWA has been in operation for 12 years now, and it works. So please, take this into consideration. "Those Who Stay Will Be Champions"
- **College Scholarships:** I will help your son get recruited. Several Div 2 programs in the Midwest are full of pwa members, as well as Div 1 schools such as Nebraska, Northern Illinois, Stanford, and Mizzou.
- **Coaching at local meets:** I will coach some, but will not jump into the coaches chair ahead of your youth coach. I know my place, as we are a nonpartisan training program, not a youth team. Additionally, the KC region is full of fragile egos. Though I never accomplished all my goals, my bio is strong compared to most kids coaches and HS coaches. I will do my best not to step on the toes of any other coaches.
- **Help with dealing with your youth/high school coaches should they have fragile egos:**  
If you could meet the most famous wrestlers and coaches in our country, you would find that they are the most humble and nicest people. This type of person who DIDN'T QUIT THE SPORT, who suffered crushing losses during the prime of their wrestling, seem to have the most humility. There is one thing I've learned in all my years of wrestling...and that is that so many people only develop a TRUE PASSION for the sport when they DON'T HAVE TO DO IT ANYMORE! A 6 time world and Olympic champion told me this, and I've found this to be true. He noted how quick so many were to quit on their wrestling dreams to 'get into coaching'. This sport is difficult, and must be far easier to make someone else do rather than to sacrifice greatly and do oneself.

To me, this type of person far and away has the most fragile ego. Oftentimes, the coaches who tell my parents to not go to Purler, or to not attend camps, and to 'stick to their system', are the ones that didn't wrestle beyond HS, or only lasted a short time in a college wrestling room, before packing up and moving back home. It's a tough sport that takes sacrifice. Most of you watch wrestling on TV, or on [www.flowrestling.org](http://www.flowrestling.org), and trust me, these wrestlers and coaches are committed. And if you've had the privilege of meeting this type of wrestler or coach, you would see that this type of person has a smaller ego than most HS coaches or youth

coaches. Please note that college coaches send their sons to my camps and academy. In my opinion, youth coaches shouldn't be upset that you are seeking out expert coaching for your son. I'm sure they have all paid for expert coaching for their own kids in sports like baseball, select soccer, gymnastics, volleyball, etc. But, because their passion is wrestling, THIS becomes an issue should some of you seek out professional coaching. If coaches volunteer because they WANT to help kids, and WANT to see kids get better in this difficult sport, then they shouldn't be upset if you are wanting to provide your son with access to a knowledgeable coach. If they get upset, we should all question whether they are coaching to help kids, or for their own personal egos. I played soccer in high school, and if you wanted to hire me to coach your son in soccer, I'D SAY YOU WERE CRAZY! I would say "Get a coach that has done

Most youth coaches had High School experience, and they shouldn't be offended if you want your son to attend my program. Famous coaches such as Dan Gable, Terry Brands, John Smith, and Michael Lightner, have ALL spoken highly of Purler Wrestling in the media. At one time, the Univ of Nebraska had 5 PWA wrestlers on their squad! So please, have some thick skin with dealing with some coaches in our area.

- ALL kids that are serious are welcome. Some say "85 a month is too high! I feel that the fee keeps those that aren't serious about the sport out! Only those that want to see their son train and develop, and have serious partners, are going to join. I get more benefit from seeing a wrestler go from 'bad to good' as I do from sitting in a great wrestler's corner. Anyone can recruit...but few can teach. So...if you have just started and are watching your son struggle...be patient, as my best wrestlers were in the same boat upon joining. And come baseball season, please don't quit and expect a different outcome next season!
- **Skin Infections:** If your son has ringworm, please keep him off the mat for 5 days. The HS rooms that I rent out do clean their mats, and the HS coaches even get somewhat offended when I question them. I always have issues with ringworm during the off season, and much more so than I do during the season. It's easy to assume the mats aren't being cleaned, but trust me they are. NOTE : RARELY do I have any issues with teenagers or HS wrestlers. It is always with the younger kids. This tells me the kids do not take proper showers, and is not an issue with the mats. Please remind your son to scrub his scalp thoroughly, and scrub hard with soap.
- Lastly, my Assistants are qualified, as I wouldn't allow others to teach under my business name if I felt they weren't qualified. Whether I'm at practice or them, your son's are being helped by a qualified teacher of the sport.
- Contact Info for coaches: Tony Purler. [www.tonypurler.com](http://www.tonypurler.com). [tony@tonypurler.com](mailto:tony@tonypurler.com) 816-304-0313. Brett Delich: [delichwrestling@gmail.com](mailto:delichwrestling@gmail.com). 913-485-5049. Tyler Mann: [tyl.mann13@gmail.com](mailto:tyl.mann13@gmail.com) 816-352-0561.
- Disclaimer: Look at PWA as a commitment to your son's wrestling career, and not a place to go for some live prior to states. If he loves the sport, he shouldn't want to quit it for 7-8 months a year. Once a week is a small commitment, but the way the program is ran, he will make huge gains, and will learn HOW to wrestle and win positions, as opposed to just learning moves. The head coach of the Univ of Missouri sent his son to PWA, and the Associate Head Coach of Mizzou was also a member. They love what Nick and I do for the sport and for the state, and I'm sure you will be very pleased as well.

## About Tony Purler

- 1993 NCAA Champion
- 2 time NCAA All-American
- 1993 Big 8 Champion
- Voted Outstanding Wrestler of Oklahoma State University
- U.S. Open National Champion
- 3-time U.S. Open National finalist
- U.S. Open finalist in BOTH freestyle and Greco. (one of only a few U.S Wrestlers to have done this)
- 2 time U.S. World Team Member (97,98) (3X senior level team member; freestyle AND Greco)
- Junior World Team Member (18-20 yr olds)
- Cadet World Team Member (14-16 yr olds)
- Cadet Pan American Games Champion
- Espoir National Champion
- 1998 World Cup Bronze Medalist
- 1998 Goodwill Games Bronze Medalist
- 1999 World Cup Silver Medalist
- 2 time High School National Champion (4X Finalist)
- Won a National title in EVERY level of the sport
- High School Coach:
  - American School in London, Eng. 1995-1996
- College coach, 1993-2002:
  - Oklahoma State University
  - University of Oklahoma
  - University of Missouri
  - Clarion University of PA

When looking at Tony's Bio above, it's easy to see he has sacrificed his entire life to this sport. It's also easy to see why so many wrestlers travel 1-2 hours each way to have their son be taught the sport by him.

Several premier wrestlers throughout the U.S. fly into KC to train with him at his 5000 square foot training center!

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