2nd Annual MAT Academy Wrestling Pre-season Training  
Tim Morrissey - Division 1 NCAA All-American

It’s TIME; wrestling season is right around the corner.  After a successful inaugural MAT Academy Pre-season Camp in 2013, we are excited to provide and even better opportunity this year.  The 2014 MAT Academy Pre-season Training program is designed to help wrestlers of all ages and experience level.  This year we are offering 2 programs in order to accommodate a broader range of wrestlers.  The focus for both programs will be on developing winning wrestling skills with a heavy concentration on the basics: movement, positioning, setups, finishes and chain wrestling.   
   
1.     Instructional Wrestling Basics - for elementary school wrestlers and beginner middle school wrestlers.    
2.     Intensive Training / Wrestling - for experienced middle school and high school wrestlers who are focused on “knocking off the rust” and preparing to hit the ground running for the upcoming pre-season tournaments and regular season.

I am pleased to announce my new partner, Chris Borneman, who runs a rapidly growing wrestling club in the Greenville/Upstate named: ***Borneman Bad Boys***.  Chris and I share very similar wrestling philosophy and coaching experience.

I am also excited for everyone to learn more about where the program will be held, The Frazee Dream Center, located in downtown Greenville.  Frazee has done an awesome job building hopes and dreams for at-risk children throughout the greater-Greenville area ([www.frazeecenter.com](http://www.frazeecenter.com)).

NOTE: The Intensive Training / Wrestling program will operate like a college-level practice.  We do not plan on spending a lot of time showing moves like a clinic, though that will happen some.  We expect wrestlers who sign up for the intensive program to come prepared for intensive wrestling practices.  We believe a wrestler’s best chance of learning something new or how to do something better is when he is actually drilling or wrestling live.  Learning how to drill, where both guys are actively working their position in an intensive, low impact, high energy scenario will get your wrestler to the next level.

·       What: MAT Academy Wrestling Pre-season Training  
·       When: September 21th – October 26th  (Sunday afternoons)   
o   Instructional Wrestling Basics - 1:00-2:30  
o   Intensive Training / Wrestling - 2:30-4:45  
·       Where: The Frazee Dream Center in downtown Greenville, SC (37 Pinckney Street).    
·       How much:  
o   Instructional Wrestling Basics - $115.00  
o   Intensive Training / Wrestling - $135.00  
·       How to reserve and pay:  
o   Complete and sign the Wrestler Information Form & Medical Waiver (attached to this email)  
o   Send payment (Payable to MAT Academy) to  
§  Tim Morrissey, 14 Meredith Lane, Greenville, SC 29607    
o   Due date: September 7th  
   
Questions or more information - contact:   
Tim Morrissey [tmorrissey190@yahoo.com](mailto:tmorrissey190@yahoo.com) / 864-275-3161 or   
Chris Borneman [cgborneman@gmail.com](mailto:cgborneman@gmail.com) / 864-752-7394.  
   
\*\*\*Attached is the Info Sheet and Medical Waiver\*\*\*  
   
Please respond if you are interested.    
   
Also, the Frazee Center has an actual dedicated wrestling room that Chris uses for him wrestling club.  He and I plan on hosting "Open Mat" sessions on Thursday nights beginning August 28th.  If you want more information on that email or call Chris.  This will provide 2 practices per week above what you are doing already to get prepared for the Super 32.