

STATE CHAMPION wrestling coach, Todd Downing introduces Austin's only elite full time wrestling academy, **PEAK PERFORMANCE WRESTLING ACADEMY**



Coach Downing is fulfilling a lifelong dream to provide a program offering the lasting benefits of wrestling in a FULL time wrestling setting. Todd Downing is also the head coach of the Vista Ridge Youth Wrestling Program. This academy will provide all the benefits gained during a regular 4 month wrestling season, only to be multiplied in a full time facility.

Coach Downing has developed a specific curriculum to develop the skills required to compete from beginning level all the way through college and beyond. The program has been designed to give students and their parents, a specific goal and path that will develop their skills to provide them the opportunity to compete against the top wrestling programs in the country. The program will officially open May 1, 2009. For more information please call Coach

Downing at 512-743-9105 or email him at sportsspecific_fitpro@yahoo.com.

Listed below are just a few of the programs Coach Downing and Peak Performance Wrestling Academy will be providing for students of all ages and experience levels.

Top Notch Iowa Training Program

Level 1 Beginners Program

Level 2 Intermediate Program

Level 3 Advanced Program

Multiple Level Training Development Programs

Curriculum Driven Programs

High School Varsity Preparation Program

Collegiate Preparation Program

Life Skills Development Program

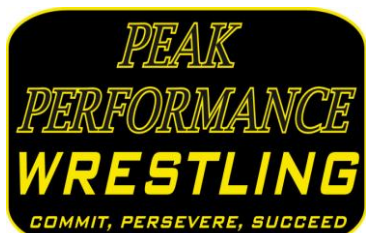
Coach Downing will also REVEAL the one key component 90% of programs are missing.

Summer Camp Development Programs

- *Five, 1 Week Curriculum Specific Camps, Sign up for 1 or all 5.*
- *Each camp is 3 hours of instruction 5 days each week.*
- *Each student will receive a DVD covering the drills worked on in camp*
- *Each student will receive a PEAK PERFORMANCE WRESTLING Shirt.*
- *First 10 students to sign up for each camp receive a \$25 discount.*
- *Enrollment is VERY LIMITED!*

After-school enrichment program (2009-2010 school year)

- *After school pickup 5 days per week*
- *Homework assistance*
- *Wrestling camp on school holidays included with weekly fee.*
- *Life skills development program*



512-743-9105

Summer Camp Development Program

\$199.00 Per Week

Camp Includes

- 15 Hours of Instruction,
- Free DVD,
- FREE Camp T-Shirt,
- 1st 10 Students to sign up for a weekly camp receive a \$25 discount off the camp price.
- Enrollment Limited

Pre Opening Special

**\$100 Discount off
Program Price**

This discount is limited to the first 20 students to sign up for one of our 8-12 month programs. Enrollment Limited!