



## 2015 WINTER FOLKSTYLE & SPRING FREESTYLE/GRECO

## FEATURING AN OUTSTANDING STAFF



**JAY LaVALLEY**  
**MSAW CHAIRMAN**

- \*Wrestled for UMass
- \*Trained 70+ All-Americans
- \*Trained 100+ State Champs
- \*NCAA Qualifier in Track

**RICHARD PERRY**  
**AU ASSISTANT**

- \*Wrestled for Bloomsburg
- \*3xNCAA Qualifier
- \*All-American University
- \*All-American FILA Cadet

**TEAGUE MOORE**  
**AU HEAD COACH**

- \*Wrestled for OK State
- \*2xBig 12 Champ
- \*3xNCAA All-American
- \*NCAA D1 Champ at 118lbs

**KYLE BORSHOFF**  
**AU ASSISTANT**

- \*Wrestled for AU
- \*2xNCAA All-American
- \*3xNCAA Qualifier
- \*MD National Team Coach

**JOHN PITAS**  
**McLEAN HS COACH**

- \*Wrestled for UVA
- \*2013 Liberty District Champs
- \*2013 8th Northern Regional
- \*2013 Coaches of the Year

# DC ATHLETIC CLUB TRAINING

This winter, the DCAC will feature in-season folkstyle training at American University, open to all ages and skills. In the spring, DCAC will shift to off-season freestyle and greco training. These Olympic Styles are to prepare for Fargo, Schoolboy and Cadet Duals, Junior Olympics and beyond.

Training sessions will include structured warm-up, technique, teaching/drilling as well as live and situational wrestling/conditioning.

[www.dcacwrestling.org](http://www.dcacwrestling.org)

### CLUB LOCATION

American University's Wrestling Room  
at Bender Arena  
Parking on/near campus available

### CLUB DATES/TIMES

Week 1-Jan 14	Week 13-Apr 8, 12
Week 2-Jan 21, 25	Week 14-Apr 15, 19
Week 3-Jan 28, Feb 1	Week 15-Apr 22, 26
Week 4-Feb 4	Week 16-Apr 29, May 3
Week 5-Feb 11, 15	
Week 6-Feb 18, 22	
Week 7-Feb 25, Mar 1	
Week 8-Mar 4	
Week 9-NO PRACTICE	Wednesday's 6:30-8pm
Week 10-Mar 18, 22	
Week 11-Mar 25, 29	Sunday's 3-4:30pm
Week 12-Apr 1, 5	



### CLUB FEES

\$150-Winter/Spring: Youth-HS-Post Collegians  
\$25-Winter/Spring: Collegians  
\$15 per drop in session for all others  
ALL CHECKS PAYABLE TO DCAC INC

### IMPORTANT

USA WRESTLING MEMBERSHIP REQUIRED  
May be purchased at  
[www.usawmembership.com](http://www.usawmembership.com)



Questions? Contact: [DCACWrestling@gmail.com](mailto:DCACWrestling@gmail.com)