



# Purler Wrestling Academy

## “Those who stay will be Champions”

### Quick Summary of Handbook

1. Please no coaching, or yelling at your son during practice. It's distracting having several people yelling during practice. Keep consistent, be patient, and the kids will greatly improve.
2. Tuition is due at the 1<sup>st</sup> of the month. A \$10 late fee will be charged for payments no made by the 14<sup>th</sup>.
3. 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). All my travel expenses to Nat'l meets for coaching is included.
4. If joining mid month, a partial payment should be made for that month (ex: 2 practices = \$40)
5. Snowdays: Please check your email prior to attending practice should there be bad weather.
6. Family Discounts: ½ price for brothers (up to 2 additional siblings).
7. No Video cameras allowed.
8. Be patient. This is a tough sport. After about 20 practices, your son should be much improved. But, this is a tough sport, and patience from all parties is paramount.
9. PWA is a program, not a place to “get in a good workout.” No coach is a magician. Kids that train year round are the ones that will look back on there high school careers with pride and accomplishment. Kids that attend college on an athletic scholarship are the ones who have made a true commitment to the sport. (09-10: 17 PWA members signed Division I scholarships.)
10. 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 sons absence. And, I can't reserve spots for wrestlers, and turn away kids wanting in. All are encouraged to reserve their spot should they take time off.
11. My wife and I drive 60+ miles one way for our kids gymnastics. We have a coach we believe in, but we also realize that patience and commitment is paramount. We pay our tuition fees on time, we rarely miss sessions, we work with the kids at home with their skills, etc. All I ask of the parents is that they do the same. There is no 'season' in gymnastics. And I don't feel wrestling is a recreational or seasonal sport either.
12. Quick fixes: There are no quick fixes for a wrestler if his wrestling is 'broken.' If you are joining in hopes that I can fix your son's wrestling right before states, I don't think it's going to work. He'll get better each month he's there, but, should you start up and February, a quit 6-8 weeks later once the season ends, I feel that is a mistake. 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 8 years now, and it works. So please, take this into consideration.

## I. History

My first workout was on January 7th, 2003. After spending nine years coaching college athletes at the Division I level, I chose to move from Pennsylvania to Kansas City in hopes of carrying on the success of my twin brother, Nick, who started the academy in 1999. Within two years, my brother's academy won the prestigious Tulsa National team trophy in the 15 & under division, following up with the team title in the 12 & under division. This was a big accomplishment for Missouri athletes, as I remember my family being one of only a few from Missouri who competed in National level events. The Academy formed a bond within the state, allowing the kids to be part of something greater than just being a Missourian wrestling at a National level event. Today, we have athletes not only from the state of Missouri, but also from Kansas, Illinois, and Iowa who are members of PWA. I currently have athletes who travel up to six hours round trip to attend our workouts, which lets me know I'm doing my job of simplifying this difficult sport. I currently operate four sites, as well as a training site for High School athletes. **PWA is an open enrollment, year-round program, designed for the serious athlete who truly wants to become the best he can be.**

## II. Goal

While in Pennsylvania, I recruited many athletes from "The Edge School of Wrestling", which was the first ever wrestling academy, forming in 1986. I witnessed first hand the impact that quality instruction had on athletes. This is something I would have loved to have had when I was young. Nick and I received private instruction at a young age from a former Soviet coach, and when he had to move, we were left knowing there was so much more to wrestling than we ever imagined, but had no way of getting that type of instruction. I hope to provide that type of instruction. By getting athletes to focus on perfecting proper technique at a young age, I'm confident I can effectively impact their wrestling. My number one goal is to simplify the sport. As with all combat sports, wrestling is very difficult to master. If it were easy, it would be as popular as team sports. But it is demanding, and my goal is to simplify it not only by focusing on proper technique, but by helping the athletes develop a wrestling mind, focusing on the "why" as well as the "how to". To me personally, this is a very important concept. Wrestling is about more than just memorizing moves, and if a wrestler understands why he supposed to do something, and understands the consequence of not doing so, he will more easily learn that technique/position. I will focus heavily on positioning, helping the athletes realize when they are in a bad position, how to get back to proper position, and how to score from this once bad situation.

## III. Coaching Philosophy

### A) Positioning:

Example: **If one wrestler takes another wrestler down ten times in a match with a single, many coaches will work on various defenses with that wrestler to the single leg. I want to know why the wrestler let his opponent in on his leg ten**

**times in the first place. This is an example of positioning.** Disciplined, solid wrestling is the quickest way to cut your losses in half. I'd rather see a wrestler win 2-0 than 10-9. A wrestler must display superior positioning throughout a match, and work hard to maintain it. Becoming a solid wrestler must be a top priority of any wrestler looking to take his wrestling to the next level. A wrestler with a solid stance and rock solid positioning can go toe to toe with anyone.

**Many wrestlers learn stance and motion the first time they ever step foot on a mat, and never go over it again. Then they learn a ton of moves, but are never in position to consistently use them. Without a proper stance and proper motion, a wrestler can never learn how to shoot, move his opponent, clear ties, change ties, or hand fight. If a wrestler doesn't ever have his feet in position, he will never effectively master a takedown.** Many coaches will tell him to keep working on his shots, but this will never solve the problem. Positioning is also a major part of technique, if it is taught properly. All coaches speak of chain wrestling, but an athlete needs to be in position to chain wrestle, to go from move to move, and effectively flow through a match. This is where a wrestler needs to know more than just the basics. I teach in a series, in which the technique ties into other technique, which effectively gives a wrestler a go-to move no matter what his opponent does. Wrestling is a sport of constant motion, and whether an athlete is on the offense or on the defense, he needs to maintain some kind of positioning to keep his motion going and to effectively chain wrestle.

B) Position specific technique:

**It is my experience that all wrestler's, regardless of age or skill level, wrestle into the same positions.** Shot offense/defense, front headlock offense/defense, clearing the wrist from the bottom position, scoring with the wrist from the top position, clearing a collar tie or scoring with a collar tie, etc. The above-mentioned are positions that all wrestlers spend a majority of the match in.

Wrestling is about control, not who knows the most. If we can learn to control the positions, or regain control should we temporarily lose it, we will be more successful. I work to give the kids a go-to move from the positions/situations they wrestle into. Along with proper positioning, this essentially aids in simplifying the sport. By attacking the positions that wrestlers spend 95% of the match in, and teaching the technique accordingly, the kids gain confidence and expertise.

**Bottom Line: I want our technique to solve problems from the common positions all wrestlers find themselves in!**

C) Attitude:

I work with each wrestler to help him develop a competitive attitude so that he learns to enjoy competition and no longer has a *fear* of losing. Rather than wrestling not to lose, I teach the kids to take to the mat with confidence, ready to make things happen; rather than hoping for a break.

The uncertainties of competition should fuel our performance, not poison it.

“Once you start focusing on what YOU are going to do instead of focusing on what your opponent is going to do, only then will you be able to compete and perform.”

## IV. Membership Fee

### Tuition

**Tuition is \$85 per month, Due by 1<sup>st</sup> of each month.** Late fees: \$10 late fee if pymt not rec'd by the 14<sup>th</sup>. **STICTLY ENFORCED.** All are encouraged to pay quarterly. If joining mid month, you **MUST** bring a partial pymt to the 1<sup>st</sup> workout (2 workouts=\$40, etc.)

**\*Future reference:** Previous members who are starting back up are also **required** to bring tuition (partial or full) to their **first workout**.

There is an online pymt center at [tonypurler.com](http://tonypurler.com). If not using the online pymt center, **please attach tuition pymt to application, and hand in at your first practice.**

**Note:** Tony has a white tuition box in his book bag, which he takes to every workout. Place future pymts in there. Please do not hand checks to Tony during practice.

I will spend many hours throughout the year at wrestling tournaments helping your son(s). Much of your son's coaching and evaluation will take place at in-state and out-of-state tournaments. All of my personal weekend time and out of state travel is included in your membership tuition. If your son needs extra help, I'll always do my best to help him before practice. I support my family with the academy, and timely payment is greatly appreciated.

**No credit will be given for missed workouts or partial payments accepted for months containing holiday cancellations or weather cancellations, since many months contain 5 workouts for your training night. Additionally, I allow the kids to attend all the sessions they wish from May-October.** That's a 6 month time frame where kids can get 3 workouts a week in, all for the same small fee.

Tony Purler  
7710 SE Moore Rd.  
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At [www.tonypurler.com](http://www.tonypurler.com) you will find a tuition PayPal payment center for your convenience. Please use this on-line credit option as you see necessary. **I always have a white tuition box in my book bag for those bringing checks to practice. Feel free to place in there prior to practice. PLEASE** do not hand me checks at practice.

Family discount:

Siblings' tuition will be priced at \$43.00/month up to two additional siblings. All other siblings (4<sup>th</sup> wrestler and up) will be billed at \$85.00/month. .

## V. Benefits of PWA

In addition to highly advanced wrestling instruction, every member of PWA receives the following:

1. **Constant critique/analysis of every athletes technique and progression. Though camps and clinics are important, they do not have this advantage. Every athlete will constantly be forced to make technical adjustments, year round.** A person would have to attend up to 5 week long summer camps to get the total number of HOURS of technical instruction PWA members receive!
2. Access to a *fiercely competitive* training environment
3. Videotape evaluation (bring me your film and I will evaluate it for your son)
4. Website exposure
5. World class instruction
6. Coaching and evaluation at major competitions
7. Recruiting- When the time comes, I will work to get all deserving PWA members the exposure they need in order to earn a chance to compete at the collegiate level. I view this is my most important obligation to our most dedicated athletes.
8. From 2003-2010: **Over 40%** of pwa state qualifiers reached the state finals in 6 out of these 7 years.

## VI. Coaching at Meets

I will be a lot of the major in-state competitions as well as many out-of-state competitions. I will be at some of the minor meets throughout the year as well and will make every attempt to watch all PWA matches that I can during the tournaments.

**National Meets:** I'd appreciate it if ALL the kids signed up under "Purler Wrestling" for as many meets as possible. This is greatly appreciated. No need to ask me if it's ok to sign up under Purler for even the smallest local event.

**At local meets, I will not coach mat side unless asked to do so by your coach.** I know my place and plan to stay in it. Your primary coach is the one that needs to be mat side. Unless he asks me to help out, I will stay behind the scenes. However, if you choose to sign up under Purler Wrestling at National level events, I will do my best to be mat side.

## VII. Attendance

You are expected to be at every scheduled workout on the night that you have signed up to train. Please make every effort to attend.

**You must choose a training site and remain at that site.** This allows me to keep the numbers manageable. However, during the off-season (May-October) you *should* be able to train as many nights per week as you please as long as room permits. Ask me ahead of time, and I will let you know of room availability at that training site. I will do my best to work around baseball/football seasons as well.

**Year-round training is essential.** All of our best wrestlers train during the off-season.

Those wishing for a shot at winning multiple High School titles and National titles will need to train on a year-round basis. For those dreaming of competing at the College level, it is ESSENTIAL. **Wrestling is NO LONGER a recreational sport that is limited to a season.** Just like gymnastics or other combat sports, there is no season. Young girls train year round in gymnastics, and in this difficult sport, kids that take off 6 months a year will be left behind. **PWA meets once a week, and kids should still be able to get on the mat once a week and also play other sports. My goal is for the kids to get more benefit from one of my sessions than they can get out of three of their other workouts. And we've been doing this for 8 years now.** Keep in mind that the 'talented kid' in the Purler singlet that you saw that initially struck your interest in trying out Purler Wrestling didn't get that good by committing for just a few months. Be patient, commit, and your son will be thankful for it!

My wife and I drive 60+ miles one way for our kids gymnastics. We have a coach we believe in, but we also realize that patience and commitment is paramount. We pay our tuition fees on time, we rarely miss sessions, we work with the kids at home with their skills, etc. All I ask of the parents is that they do the same. There is no 'season' in gymnastics. And I don't feel wrestling is a recreational or seasonal sport either.

## VIII. Rules

- \*No coaching at Practice. No yelling at practice. You have 6 days a week to coach your son, so no coaching on the night he's in the PWA session.
- \* No video cameras please.
- \* Fees are due on the first of each month. \$10 late fee if not received by the 14<sup>th</sup>.
- \* No weekly payments accepted or credit given for missed workouts.
- \* I reserve the right to dismiss any wrestler due to behavior.
- \* **Abusive parents** will be asked to pull their son from Purler Wrestling Academy.
- \* No trading or selling team singlets or jackets. However, t-shirts, etc can be traded.

## IV. Team Merchandise

I'll do orders each year around September for apparel. You all will be notified via email.

WRESTLERS ARE NOT TO TRADE OR SELL THERE SINGLETS OR JACKETS.

## X. Practice Schedule (holidays)

**I will hire a qualified sub for any workouts that I must cancel for personal reasons.**

I will miss up to 5 workouts per year (June/July) due to my camp schedule. I have several subs that I use on such occasions and all are great technicians and teachers. The boys will benefit tremendously from their instruction, as they will cover quality technique that I don't generally cover. Typically they will cover controlled ties (under hooks, 2 on 1's, etc)

In addition, workouts will be cancelled if I am with a team of athletes competing at a National event. *No substitutes will be provided on those days or holidays.*

**NOTE: By renting out high school rooms and going to the kids, we are forced to work with the schools.** Though rare, from time to time we have been forced to cancel a session due to a school scheduling conflict, floor waxing, maintenance, etc. We chose to rent so we could keep PWA open to all athletes regardless of skill level. Other's who operate academies thru a commercial building are forced to either charge more, or have a select club, where only the crème of the crop are accepted. So please keep this in mind should this ever happen. It's only happened twice in 3 ½ years, but we thank you in advance for your understanding. And in this event, all kids should look to attend a different site that week.

**Snow day consideration:** If the school we are scheduled to practice at has a snow cancellation or early dismissal that day, practice will be canceled and no phone calls will be made. Please check all school closings when in doubt, **CHECK YOUR EMAIL**, or all me at home @ 816-304-0313 if you have questions. Hired clinicians will also be brought in during my busy summer camp schedule. On average, each site will have a guest instructor 3 times per summer.

## XI. Reserving Your Training Spot

Reserving your spot: If you wish to take some time off and fear losing your training spot, you have the option of reserving your son's training spot by making the monthly tuition payment either on-line or by mail. MANY choose to go this route when summer schedules cause conflict or if their wrestler needs some time off. Fair or not, this is the only way to keep good kids in the room, keep PWA an open enrollment program, etc. **Serious wrestlers shouldn't take more than a couple months off anyway. Young wrestlers are becoming AMAZING at this sport. It's scary seeing how tough and talented these kids can become at such a young age. But, very few of these kids got that good by taking 6 month breaks. So please, seriously consider attending another night should you have a conflict with another sport.** In our sport, if you aren't getting better, you are getting worse! You never stay the same.

### What about burnout?

We all need a break from time to time and I have found that a month off the mat can do wonders. However, once that month turns into two, three, four...that's when we cease to either close or widen the gap over our opponents. Even with the busy summer athletic schedules that some of our athletes take on; it is necessary to train once per week.

Simply putting in two hours a week in the off-season cannot cause burnout for anyone that is *serious* about excelling in wrestling. In fact, that one workout per week tends to keep us focused on the goals that were set months ago! Nothing causes burnout like getting beat. I have yet to see a National Champion or State Champion quit! Winning is fun. I have, however, seen many kids get discouraged and quit after continuously falling short of their goals. Also, I have NEVER had a wrestler place in Nationals that took the summer off. Our sport has become too competitive. **You are encouraged to reserve your training spot in the room during times of absence.**

## XII. PWA Ultimate

In January of 2008 I started an elite group, called Ultimate. It is for the most serious, athletic, and toughest kids in the rooms. Wrestler's who **aren't year round members** of PWA, or very skilled with all the PWA technique, will not be considered for this group. We do little teaching in this room, as all the kids in this group are already very skilled at the PWA program since they've been committed members for a number of years.

Though I'd like to be able to say ANYONE, regardless of natural talent and athleticism, will have a chance to become a part of ultimate, I cannot make that guarantee. As in all sports, there are elite teams/traveling teams, and tryouts. Obviously several kids do not make the elite squad in other sports either. This program is the same. Ultimate is for the most serious, AND/OR athletic, wrestlers. **My job is to keep the room as competitive and as tough as possible.** Sometimes as kids move into high school I'm left with a wrestler who has no training partners. Only then will I be forced to move kids into the room who maybe aren't quite ready.

Otherwise, I will base my decision on 1. Most Athletic/mentally toughest kids 2. State/National Placers 3. hardest workers 4. What the room needs. 5. Wrestlers who deserve to be in the program. The toughness of the room has to be my biggest concern. Kids who are unfocused in the PWA rooms will not be considered until they mature. Though some kids currently in pwa may want into Ultimate, I have to make sure that they are the type of wrestlers who will quickly become dominant. **I can't have the 'ELITE' group NOT being as tough of a room as my Mon-Wed PWA rooms!**

Wrestlers who fail to consistently place in the state meets will most likely not be considered UNTIL they become very dominant in their state. Again, kids who aren't year-round wrestlers will not be considered. We need consistency, and athletes that put wrestling above all other sports. Kids who want to be elite baseball players and elite football players will not have time to become elite wrestlers.

As in all sports, the most athletic person will typically excel. PWA has been helping kids win youth national titles, and high school state titles for years. It will continue to do so.

**Ultimate was not created to help kids get better so they can start placing at state. That's what PWA is for. Ultimate is for the most talented, athletic, and serious wrestlers. And the toughness of the room is a crucial element.**

### SIDE NOTES for Parents

1. PWA is a program, much more than a place to go to "get in a good workout." Technique taught will largely be geared toward a position, such as finishes, defense, etc. Particularly during the summer months, we will attack a position, and work to perfect the technique required for that position, before moving on to another area. Athlete's who miss the summer, will be exposed to the same technique during the season, but to a much lesser extent. They will miss out on some serious learning/instruction, and the technique may not be recovered until months later. Additionally, when we do go over a position

or a particular technique, they will be working just to learn “how to do the move”, where as the wrestlers who have already been exposed to the technique will be hammering out 100’s of perfect reps. All sports are drill intensive, working to develop muscle memory as well as the CONFIDENCE to attack the move during stiff competition. Just think about how many matches are won or lost by 1 point, or because of one mistake.

2. Coaching your son during practice. **Parents are NOT ALLOWED to coach their son during the live wrestling sessions. ABSOLUTELY NO YELLING, AND NO COACHING.** Though I believe it to be crucial that the parents play a big role in their son’s career, I also feel you have 6 other days a week to coach your son. Please keep in mind your son’s live wrestling partner may not have parents who are knowledgeable enough to coach their son, which is why they sent their son to PWA in the first place. Additionally, a quiet room is an intense room. Please be patient! **I’d urge all parents to be more concerned with how focused and intense their son is during the 1:45 minutes of technical drill sessions, and less concerned with how well he’s doing during the live wrestling. There is a direct correlation between the two.** We have some very talented kids in the room, many who have been attending for several years. It will take some time for your son to become competitive against the more seasoned PWA members. I have one or two parents/coaches who I allow to walk around and help from time to time, but I do not allow all parents to go out on the mat and correct or coach their son during practice. I can’t have 4-5 people talking at once, as I find myself waiting to continue practice until everyone is done talking or correcting their son. I know before practice even starts whether the technique being taught will be tough to grasp or not. I don’t water down the technique because the athletes are young, I just go slower. And I know that not all the wrestlers are going to hit the technique like I expect, but they will the next week, and the next week, and so on. This sport is difficult, and I focus on world-class technique, technique which won’t need to be changed or improved upon once a young athlete gets older. I teach it right the first time. There is no reason for a wrestler to perfect the wrong way of hitting a move, only to be forced to re-learn it later on. I am able to work my way around the room and help everyone, but your son may not be the first one I help. Just be patient. I can scan the room and tell whether everyone is hitting the move correctly. Often times I will stand and scan the room yelling out minor adjustments. I want the kids to make the correction themselves. When they are able to teach themselves, this is when they get great. It’s part of the program. Lastly, I don’t mind if a parent tells me that their son is making a mistake. Let me know, and I’ll make the correction. And like I said, they may not have the move down the first week, nor do I expect them to. I initially introduce a technique, looking at it as a starting point for the next week’s practice, which is when I expect the athletes to be working toward perfection.

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**“Coach Purler as Athlete and Coach”**

1993 NCAA Champion  
2 time All-American  
Big 8 Champion  
U.S. Open National Champion (3x finalist)  
2 time World Team Member (world place winner)  
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)  
2 time Missouri State Champion  
High School Coach- American School in London 1995  
College coach 1993-2002  
- Oklahoma State  
- University of Oklahoma  
- University of Missouri  
- Clarion University