

PLEASE CONTACT COACH MCDONOUGH FOR ALL INQUIRIES

PHONE: 319-210-7496

EMAIL: McDominateTC@gmail.com

McDominate Training Center

Spring Wrestling Program



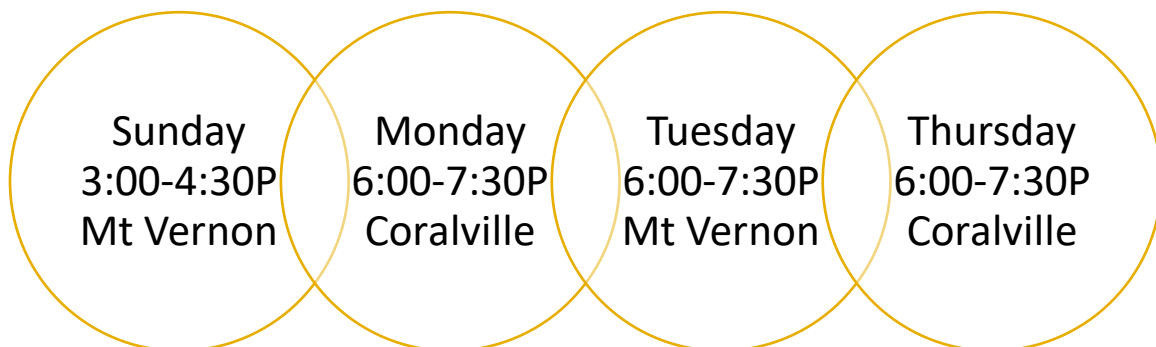
An elite training program led by former 2X NCAA Champion and Collegiate Wrestling Coach, Matt McDonough.

Our goal is to help you develop your wrestling skills and lifestyle habits both on and off the mat through purpose driven training methods. I am very fortunate to have been trained by and alongside elite level coaches and athletes at all levels of the sport my entire life. Through this I have found there is no singular quality that defines a successful wrestler which is why we focus on all aspects of training (mental, physical, emotional, spiritual). With a specific emphasis on technical skills and positional wrestling, athletes will gain a holistic understanding of how to thrive in all wrestling positions and situations. Through consistent training and discipline, we aim to create an elite culture of individuals who are equipped with invaluable skills for success in youth, high school, college and world level competition!

When:

Start date is **March 1st, 2021**. End date is **June 3rd, 2021**

Day/Time:



ALL PRACTICE TIMES/LOCATIONS ARE SUBJECT TO CHANGE AND WILL BE COMMUNICATED WEEKLY

PLEASE CONTACT COACH MCDONOUGH FOR ALL INQUIRIES

PHONE: 319-210-7496

EMAIL: McDominateTC@gmail.com

Ages: Open to all Schools & Students (Boys & Girls Welcome)

All athletes ages 8 and older will be accepted. Anyone under 8 years of age **PLEASE** contact Coach McDonough for specific training options available.

Cost:

Individual Rate: \$115/Month or \$275/for entire session

Family Rate: \$185/Month or \$445/for entire session

PAYMENT OPTIONS: Cash, Venmo (@Matthew-McDonough125),

Paypal (@mdmcd17), Check (make checks Payable to *Matthew McDonough*)

Locations:

Cornell College Wrestling Room

- Small Multi Sports Center
- 600 First Street NW
Mt. Vernon, IA 52314

-Please enter parking lot adjacent to
football field and follow to back of building

Iowa River Landing Facility

- Lux/30Hop
- 910 E Second Avenue
Coralville, IA 5241

-Please park in ramp behind building
wrestling room is located in suite 110

Club Rules:

All Practices will be open to all athletes. Parents are encouraged to drop off and pick up athletes for all workouts. If you plan to stay YOU MUST contact Coach McDonough for approval. T-shirts/shorts must be worn during all live training and athletes are encouraged to bring mouthpiece and headgear. Athletes must provide their own water bottles for rehydration during workouts. An updated USA Wrestling Card is required for each athlete.

PLEASE CONTACT COACH MCDONOUGH FOR ALL INQUIRIES

PHONE: 319-210-7496

EMAIL: McDominateTC@gmail.com

Club Coaches:

Matthew McDonough

- 2X NCAA Champion – University of Iowa
- 3X Iowa High School State Champion
- 2009, 2010 D1 NCAA Championship Team Member
- Former Assistant Coach – University of Wisconsin-Madison
- Current Assistant Coach - Cornell College

Cash Wilcke

- 3X NCAA Qualifier -University of Iowa
- 2X Iowa High School State Champion
- Current Assistant Coach - Iowa Wesleyan University

Brent Hamm

- 2X NCAA Qualifier – Cornell College
- 3X Academic All American
- Current Head Coach – Cornell College

Guest Clinicians

- TBA

PLEASE CONTACT COACH MCDONOUGH FOR ALL INQUIRIES

PHONE: 319-210-7496

EMAIL: McDominateTC@gmail.com

**All athletes must have a USA Card which can be purchased @ USAWrestling.org
Must Show proof of USA Card to practice**

Register:

Athlete Name- _____

Grade- _____

School- _____

Date of Birth- _____

USA Wrestling Card #- _____

Parent Name- _____ **Phone Number-** _____

Address- _____ **City-** _____ **State/Zip-** _____

Email Address- _____

(Please include, Email is how we communicate)

1. I, _____, the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES WRESTLING ASSOCIATION, INC., MATTHEW MCDONOUGH (MTC) AND CORNELL COLLEGE, their affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of US Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable, owners, lessors and operators of premises used to conduct any US Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releasors") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present, or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited LOSSES CAUSED BY [PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releasor understands and acknowledges that USA Wrestling activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENTLY, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OF PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releasor acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, MTC meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property including death, and that severe social and economic losses may result not only from Releasor's own actions or negligence, but from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of premises or of any equipment used. Further Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTANDS ITS PURPOSE, MEANING AND INTENT.

(Participant's Signature)

(Date)

(Print Name)

The undersigned, does hereby represent that he/she is, in fact, the parent or legal guardian of and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

(Signature of parent or legal guardian)

(Date)

(Print Name)

(Relationship to minor)