



# Peak Progress Wrestling Camp

Featuring Jonathan Johnson, Justin Lister, and Grant Paswall

Cutting-edge wrestling camp, emphasizing winning techniques that will undoubtedly make a difference in your performance!

## Jonathan Johnson



Director/Founder of RAW 241 Training

*"Nearly unbeatable."* - Sports Illustrated

Coaches NCAA Champions Darrion Caldwell & Jordan Burroughs and numerous #1 ranked wrestlers including Jamelle Jones, Mario Mason, Alex Meade, Cody Gardner and many more

*Premier coach in neutral wrestling*

<http://www.flowrestling.org/videos/play/331467>

## Justin Lister



2010 NCAA All-American, 157 lbs.  
3x New York State HS Runner Up

*Teaching unique skills in bottom wrestling*

## Grant Paswall



Blair Academy, University of Illinois  
2x Pennsylvania All-State  
4x New York State Freestyle Champ  
PA State Freestyle Champion  
Prep State Champion (Blair)

*Top wrestling with emphasis on scoring*

## Date

Saturday, July 31, 2010

## Time

9am to 3pm

## Location

Solaris Sports Club  
201 Veterans Road  
Yorktown Heights, NY 10598

## Registration

- Call: (845) 803-6231
- Email: [info@peakprogress.com](mailto:info@peakprogress.com)
- Online: [www.peakprogress.com](http://www.peakprogress.com)

## Price

\$99 (Pre-registration, ends 7/28/10)  
\$125 (At the door)

Wrestlers will receive personalized instruction from experts in top, bottom, and neutral wrestling.

Small group format to maximize learning and application of skills.

Proven methods on nutrition, training, and periodization.

Video breakdown of winning wrestling techniques.