Five Star Wrestling

Training Agreement

**Program Curriculum:**

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| Level 1: Bronze Star | Level 2: Silver Star | Level 3: Gold Star | Level 4: Platinum Star |
| * Lock ups
* Holds
* Locks and Counters
* Submissions and Pins
* Running the ropes
* Rolls and Bumps
* Ring Conditioning
 | * Basic Spots
* Strikes & drops
* Suplexes
* Breakers
* Aerial Attacks
* Etc.
 | * Match Psychology
* Character Development
* Promos
* Ring Presence
* Entrance
 | * Advanced training matches
* Character refinement
* Branding and character development

\*Platinum Star available to those who are already working matches only. |

What You Get

* At level wrestling training: rolls, bumps, holds, strikes, conditioning, basic psychology, match format.
* Wrestling related workouts designed by a certified personal trainer to help you gain strength and cardiovascular endurance.
* Knowledge on ring setup and event details
* Guidance on character, gimmick, gear, entrance, and promos.
* Diet plan for either mass gain or weight loss; both tailored to a budgeted athlete.
* Positive Networking with promotions across Texas.
* Exclusive T-shirt
* Certificate of Completion

What We Get

* Ring set up crew.
* Promotional team.
* Exclusive training and performance for the extent of individual training (that is until you graduate)
* Membership dues.
* Your 100% effort.

Requirements

* 18 years or older
	+ For those under 18; parents may sign off on a liability waiver but they must show up to a mandatory meeting before actual training can begin.
* Sports physical from your physician
* Liability waiver forms completed and signed.
* Half of tuition due before training starts. Remainder is due before 4 week mark.
* Knee pads
* Elbow pads.
* Five Star training t-shirt worn to all trainings. One is provided to you with full tuition. Extras may be purchased.
* Black shorts.
* Athletic shoes. (Wrestling shoes are preferred but not mandatory)
* Wrist tape.

**Important note:** Prices are set by sessions. Every session is mandatory as there is a set schedule/curriculum to follow. If you miss without warning, you will forfeit that session. You may notify 24 hours in advance if you are to miss a session. You get 1 free absence.

Training should be taken as seriously as school or work. You have the set schedule, make the necessary adjustments.

Training is a serious matter. This is designed to give you the best shot at making this a career as we possibly can. This is not “for fun”. We are not here to play or to pretend to be wrestlers. You are expected to show respect to your trainers and the ring, as well as the traditions established in pro wrestling. Constant infractions could result in expulsion without a refund.

All trainees are expected to work out outside of Fiv. You are training to be professional athletes. You should be training like one.

By signing below, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the undersigned, understand and accept the terms of this agreement. Thus, I agree to pay the required fees and meet all compliances. I understand that failure to do so can result in penalties or expulsion from the program with no refund.

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Printed Name of Trainee Signature of Trainee

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Printed Name of Trainee’s Parent/Legal Guardian Signature of Parent

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Emergency Contact Person Contact Number

