

Application Information

Name _____ Mailing Address _____

City, State, Zip _____

Home Phone Number _____ Cell Phone Number _____

Email Address _____

Age _____ Date of Birth _____

Session (check all that apply) Pre-season _____ In-season _____ FS / GR _____ Summer _____

Medical/Release of Liability

I approve of my child's attendance at Knight Wrestling Academy (KWA) and certify that he/she is in good health and able to participate in all KWA activities. If medical attention is required for illness or injury while attending any KWA activities, I give my permission for such care and I hereby waive and release the KWA staff and its representatives whether paid or volunteer of all liability for any illness or injury which may occur. I understand that any wrestler who does not abide by KWA rules and regulations is subject to dismissal without reimbursement or recourse and the damage to facilities will be assessed to those responsible.

Website Consent - Permission to post your child's name, pictures and wrestling profile on our website Y or N

Parent/Guardian Signature: _____ **Date:** _____

----- Tear off and mail in -----

KWA Mission

My goal in establishing Knight Wrestling Academy is to provide a positive environment where young wrestlers can learn what it takes to be a champion, both on and off the mat. KWA is an independent training system that has been designed to supplement and work in cooperation with coaches and clubs throughout eastern Iowa and western Illinois. In no way should KWA ever replace your local team or club.

Through my successful experiences, both as a wrestler and a coach, I feel I have valuable knowledge in which to share. I truly enjoy working with those wrestlers who have made a commitment to our sport, and are willing to do whatever it takes to accomplish their goals. This is the type of wrestler that I want to work with through the Knight Wrestling Academy. I want young wrestlers that are committed to becoming champions, regardless of their experience. I want wrestlers who are looking to get that edge on the competition.

KWA will provide that environment to take you to the next level. All the different skills and techniques taught will be drilled repetitively, so you can learn them, remember them, and be able to perform them in live matches.

We will structure drills to help you become the best wrestler you can be. I am confident that with a structured series of technique sessions, and closely supervised drilling and hard wrestling sessions, you will be able to score with your techniques on the way to reaching your highest goals.

Coach Knight

Wrestling/Coaching Accomplishments

Iowa Wrestling Hall of Fame Member - '06
Iowa State Wrestling Tournament Grand March Escort - '87,'06
MAC Conference Wrestling Coach of the Year - '02, '03
Southeast District Wrestling Coach of the Year - '02
International Wrestling Institute Glen Brand Hall of Fame Member - '02
Iowa High School Association Hall of Fame Member - '97

College

Member of the Iowa State Wrestling Team - '88,'89,'90,'91
NCAA National Wrestling Championships - 4th, '90
Sr. U.S. Open Freestyle Nationals - 4th, '90
NCAA Wrestling All-American - '90
NCAA Wrestling Academic All-American - '90
Big Eight Wrestling Championships - 3rd '89, 2nd '90
2 time Big Eight Wrestling Academic All-American - '89,'90
USA NCAA All-American European Tour - '90
USA Espoir World Cup Team Member - Athens, Greece (USA, 2nd - '88)
Espoir (20-under) Greco National Champion - '88



Coaching History

Head Coach - Bettendorf High School, Clinton, IA - '06 - current
Head Coach - Clinton High School, Clinton, IA - '00 - '05
Head Coach - NAIA All-American European Tour - Summer '01
Head Coach - Mount St. Clare College, Clinton, IA - '97-'00
Head Coach - Sycamore High School, Sycamore, IL - '95-'97
Head Coach - Comm. High School, West Chicago, IL - '94-'95

High School

4 time Iowa State High School Wrestling Champion
Undefeated High School Career (128-0)
Asics Tiger High School Wrestler of the Year - '87
Asics Tiger High School All-American 1st Team - '86, '87
2 time Junior (18-under) Greco National Champion - '84,'86
Junior (18-under) Freestyle National Champion - '86
US Olympic Sports Festival Team Member (Gold Medalist-'86)
Espoir (20-under) Greco National Champion - '85
USA Jr. World Team Member (World Championships, 6th -'84)
USA School Boy (World Team Member - '81)