

Coaches

Kevin Keeney

- Head Coach of All-Phase Wrestling since he founded the club in 2000
- University All-American



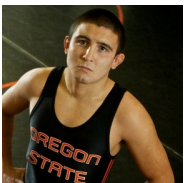
Josh Rhoden

- Head Coach at Clackamas Community College
- 2014 Dual Champions
- 2011 NJCAA National Champs
- 2011, 12, & 14 Region Champs



RJ Pena

- NCAA All-American
- 2012 Most Pins Award NCAA D1.



Scott Glenn

- NCAA All-American
- 2X Sr. Freestyle All-American.



Anthony Amado

- 1988 Olympian
- NCAA Div. 2 National Champ
- Greco-Roman Senior National Champ



Dustin Marchello

- Freestyle State Champion
- Junior Nationals Competitor



Come Train With



**ALL-PHASE
WRESTLING**

For These Great Tournaments!

- MS Regional & State:
March 5 & 12 Woodburn HS
- Cultural Exchange Trials: March 12
- 3 Style Classic—Centralia, WA
March 18—20
- NW Regional: April 1-3
- Reno Worlds: April 8-10
Coach Keeney & Rhoden will be taking a team to Reno.
- Cadet & Junior State Freestyle & Greco: April 23 & 24 Corvallis
- Kids State Freestyle & Greco:
April 30 & May 1 Bend, OR
- West Regional, Kids & Cadet:
Pocatello, ID June 19-25
- Junior & Cadet Nationals:
July 16-23



**Be a Champion!
Train Like a Champion!
Freestyle &
Greco-Roman
2016**



About us

The All-Phase Wrestling Club is an amateur wrestling club under the governing body of USA Wrestling. Founded in 2000 by Kevin Keeney, the objective was to produce an elite wrestling club, open to all young people Kindergarten—High School who were willing to put in the time and desire it takes to be a champion. All-Phase quickly made it's way to the top as one of the best wrestling clubs in the state. During our 15 years of existence, the All-Phase Coaching staff has produced numerous state and national champions. The coaching staff works diligently to produce champions off the mat as well. On a regular basis, you hear coaches talking about schoolwork, behavior, and conduct expectations of All-Phase Wrestlers. The coaching staff is excited about the upcoming season and looks forward to working with your child to help him achieve his wrestling and life goals!

Who should join All-Phase Wrestling?

- Anybody with the desire to become a Champion.
- Any young person with an interest in wrestling. We have different levels of practice, from beginner, to intermediate, and Elite team practices.
- If you have a child who doesn't seem to thrive in team sports, try All-Phase Wrestling, often these types of people excel in wrestling.

Information

For more information, please go to our website

www.apwrestling.org



Contact us

Rick Bell—Registration

bell_rick2@allergan.com

503-523-8218

Head Coach—Kevin Keeney

krkeeney@yahoo.com

503-515-4564

Elite Fees

- Cost is \$300 for March-June or \$100 per month for Elite Freestyle and Greco Practices.

Elite Practice Times:

Sundays

3pm – 5pm

Monday—Thursday

7pm-9pm

Beginner Freestyle Fees

- Cost is \$150 for March-April or \$100 per month.

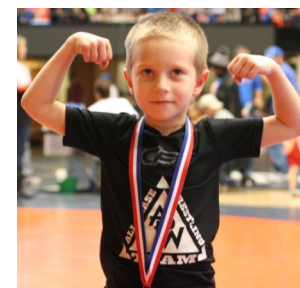
Beginner Freestyle Practice Times:

Monday, Wednesday & Thursday

5:15pm—6:45pm

Go to www.apwrestling.org for all club information & registration:

To see the daily calendar go to our website:



All practices are at the West Linn High School Wrestling Room!