

POWERHOUSE WRESTLING ACADEMY IS A YEAR ROUND WRESTLING CENTER FOR ALL AGES AND SKILL LEVELS. LOCATED IN SOUTH STAFFORD, VA, OPEN 5-6 DAYS A WEEK, 9 AM- 9 PM.



Registration for NVWF and CAWL 2010 season begins Thursday October 1 and will run until November 16th. Registration forms can be found at www.powerhousewrestling.org under handouts section.

We can provide training for the beginner to the most advanced wrestlers/grapplers in the world. Our new training facility is approximately 3,850 sq feet with 2 full mats and a dividing wall to separate the classes. We compete in various local leagues, tournaments, National and world events.

We would like to introduce the newest member and world training Coach to our coaching staff; Coach Mark McGowan - USA Wrestling National Team Staff since 2006, USA Wrestling Certified Silver Level Coach 2008, USA Wrestling Certified Gold Level Candidate October 2009, Powerhouse Wrestling Academy, Stafford Va. 2009.

We currently have 48 students and can accept up to 100. Current members include multiple National and State Champions as well as multiple National and State placers. We have started training Roger "Pnut" Stewart Bronze Level Olympic Wrestling Coach, 2013 US Deaf Olympic Team Hopeful, 2012 US Olympic Team Hopeful, 2x US Deaf Olympian and Bronze medalist, 2008 US Olympic Team Trial Qualifier.

Our current team and individual win success rate is 88.6%, at all levels. It's all in the training.

We also provide submission grappling / MMA Classes with George "Loaded" Lockhart current student/fighter for Llyod Irvin. For more info please see our web-site at www.powerhousewrestling.org.

Any questions please contact Tom Kibler at powerhousewrestling@gmail.com or 540-752-6001



WWW.POWERHOUSEWRESTLING.ORG