



Varsity Pro Wrestling School of Excellence

Varsity Pro Wrestling

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*"Training is only the starting point of getting into the wrestling business, it's the first step of many but it may well be the most important. Choosing the right school is essential and in the UK VPW is defiantly the place to train"*  
(Former WWE star Bob 'Hardcore' Holly)

Thank you for your enquire regarding Wrestling training.

The VPW School of Excellence's mission is to produce wrestlers in to the business at the highest possible standard and give you the very best possible start in to one of the toughest businesses in the world. What separate's The VPW School of Excellence from any other UK wrestling school is the standards we train, the experience at hand and the commitment we deliver through a set class.

Our head Trainer is The UK Kid – He has 10 years experience within the wrestling industry, was trained by WWE Legend HBK Shawn Michaels and WWE Hall of Famer Dory Funk Jr.

To help us achieve this we have regular guest trainers such as Former WWE star Bob 'Hardcore' Holly, Former WWE King of The Ring, IC Champion and Current TNA Star Billy Gunn, Former WWE Star and Former WWE Developmental Coach Al Snow to name a few. So if you want to have a career in wrestling maybe reach WWE, TNA possibly Japan, who better to learn from then the people who have done it, and done it successfully!

Information-

- The School is based in the centre of Portsmouth and easily accessible by both road and rail.
- Our Senior Classes are open to males and females aged 16 and over.
- We will be running Junior Classes for younger people; these are for 13 to 15 year olds and designed to give you a fast-track way into the Senior Class when you reach 16.
- The curriculum we follow is based around that used by Shawn Michaels at The Shawn Michaels Wrestling Academy with added drills and routines used regularly by WWE and WWE Stars.
- VPW have a fully fitted 18ft professional wrestling ring set up 24/7
- Each class is a set class, progressing from week to week, when a class starts no other trainees will be allowed to join that class to ensure every one follows a set routine and the whole class is all on the same page and not at different levels.
- No matter what experience you have each class will start from the ground up as bad habits are easily picked up and every student will be made to walk before they can run.
- Within the course you will learn a professional trade, then master and hone your craft and become an individual within the sport.
- The training also includes weight and diet management including weight lifting and cardio vascular training.

### **VPW Open Day/Training Day**

Before joining VPW we require all students to attend an Open Day/Training Day. This is essential before committing to a set class so that you can check us out, decide if VPW is for you as we may be the top training school in the UK but our training style may not be for every one. This also gives you a chance to check out other schools to compare what is on offer and again to ensure that you get the best possible start in the business for you! The Open Day/Training Day also gives us a chance to check out the new trainees as unfortunately wrestling is not for every one and we would not like to waste any ones time.

Each training day has a set cost of £25 and the session will normally last 3 hours.

If you wish to attend an Open Day please email us at [training@varsityprowrestling.com](mailto:training@varsityprowrestling.com) with the following information- Name, Age, where you live.

We look forward to hearing from you and starting you on the path to become a professional wrestler.