Max; Devin asked if I could provide info directly to you for his website. Here’s what we have for you so far and please contact me with any questions at all. Hope this isn’t to confusing.

Header Photo: I submitted a header photo for now to see how it looks. It’s the one with the cage and large bags; one i cropped and I also sent the original. Is it a lot of work to switch it out if we find a better quality one? Or do you plan doing a flash header?

A few websites headers we liked:

http://anchoragebjj.com/

http://elitemmagym.com/

Navigation bars: Home About Instructors Programs/Classes Photo Gallery Join Contact.

Not sure what color you’ll use for the nav bar and the lettering you’re the pro at this

Home: we will provide you with a few nice group photo for this page

Our Promise

Nostos Mixed Martial Arts mission is to provide a diverse selection of classes, in a safe and family friendly environment; at an affordable price. We offer a variety of classes: Mixed Martial Arts, Brazilian Jiu Jitsu (adult & youth), youth kickboxing, Muay Thai, Boxing, Wrestling, Yoga, Cardio classes and more (check out our schedule). Regardless of your level of fitness or personal goals there is something at Nostos for everyone

We take pride in our teaching program and hold the utmost respect towards all levels of experience; making it the perfect place to learn martial arts or just get into shape.

**About:** drop down list:

The Owner

The owner: Devin Powell is a second- degree brown belt who studies under Port City Brazilian Jiu Jitsu in Portsmouth, NH. His three black belt coaches Jay Mansfield, Derek Stevens and James Deluca are all black belts under Roberto Maia (owner/founder of Boston Brazilian Jiu Jitsu). While competing as an amateur, he held the #1 ranking for the 155- pound lightweight in the entire Northeast. Professionally, he currently holds a 3-1 record with 2 wins via submission. Devin has been instructing for several years at Port City BJJ and is finishing his second year as the Brazilian Jiu Jitsu coach for St. John Prep School in Danvers, MA.

Our Roots

Our core members and devoted trainers hail from former and current schools such as Seacoast MMA/BJJ, Port City BJJ and The Shop MMA. This allows us to provide a well-rounded teaching program and a place where you will feel right at homeInstructors:

Code of Conduct

At Nostos MMA WE ARE A TEAM let’s ALL help keep our facility safe and clean! Each member must read, understand and agree to our facilities rules of conduct.

•Always be courteous and helpful, treat everyone with respect. Please give the Instructors your full attention when they are demonstrating techniques.

•**NO** SHOES ALLOWED ON WHITE MAT **BARE FOOT ONLY!** If you wear wrestling shoes on black mats in fitness room while training, please do not use them off the black mats (i.e. walking into the bathroom, lobby; etc…)

•DO NOT misuse any equipment: Clean any equipment you use (Bags, Mitts, Pads, Jump Ropes, etc…) and put ALL equipment away after using it

•No jewelry, chewing gum, food, unapproved equipment allowed in the mat area/ training room

•Please maintain good personal hygiene practices: shower after class; wash your gear after each use; for your safety and the safety of your training partners, please keep finger nails and toe nails trimmed at ALL times

•Pick up after yourself do not leave any clothing, equipment or water bottles trash in the facility; store your belongings in the changing room/ shoe racks or out of the way of movement so that we maintain a safe environment and keep the facility in a clean and neat state.

• Children not participating in class must be under parental supervision at all times.

•Leave all personal valuables at home

Thanks for your consideration. Welcome home, enjoy your stay!

ds

**Instructors:** This wesite http://www.gentrysmma.com/our-coaches/ we like the layout and how the instructor’s names are a different color/ we will provide the other bios and pics as soon as we get them.

Troy Pickering                                                                                                   Muay Thai Instructor

Troy is a co-founder of Seacoast MMA in Portsmouth NH. He is a catch wrestler proficient in leg locks, chokes and holds and a former amateur fighter who's studied martial arts since he was 8 and been grappling since 1995. Troy is married and has two wonderful children. Troy brings his energy into every class he teaches and absolutely loves what he does.

Adam Rivera

MMA and Conditioning Coach/Children’s Coach

Adam is a corrections supervisor at Strafford County House of Corrections where he is also the head defensive tactics instructor. He has a bachelor’s degree in physical education and sport from Salem International University. Adam began his passion for the arts in Puerto Rico showing interest in Kung Fu as early as the 3rd grade and continued for ten years until he moved to the US.  He extended his training to Tae Kwon Do, boxing, judo, *Brazilian jiu***-***jitsu*and mma. He firmly believe that developing the strategic mind of a fighter is just as important if not more important as building their physical abilities. Adam’s family is his life; he is married and a father of five amazing children.

Emily Burdett

Yoga Instructor

Emily realized the depth of yogic lifestyle on the warm soil of Goa, India. There, she received her 200 hour teaching certification at “Ashiyana” meaning “Home” in Hindi. Her practice incorporates the spiritual and philosophical concepts of yoga, which she used to theme her vinyasa classes. With a recent UNH degree in Environmental Conservation Studies, she looks forward to seeing how her two passions, yoga and the earth, will collide in time. She holds a Reiki One certification through Portsmouth’s Yoga by Donation, and spends her free time listening to good music, playing her ukulele, and long boarding around Newmarket, NH.

Programs/Classes Can you also take a look at the attached website under their programs/classes and design Nostos programs/classes dropdown like this one. http://www.elitemmagym.com/about\_our\_facility.html Devin will provide you with the text per each drop down soon.

Muay Thai

Brazilian Jiu-Jitsu

MMA Mixed Martial Arts

Boxing

Cardio Conditioning

Private Lessons

Yoga

Youth Programs

Schedule

Photo Gallery Max can you take a look at this site: http://elitemmagym.com/gallery/elite-mma-photos/ and see what you think about designing photo gallery like this one.

Join drop down (if you can’t copy these from the existing site just let me know.

Nostos MMA Waiver

Nostos MMA Membership Form

Nostos Schedule

Contact: Can you create an online form/box to allow visitors to send emails directly from the website

To receive more information please call or enter your contact information below.  Thank you for showing interest in our facility and we will contact you as soon as possible.

Nostos MMA Mixed Martial Arts and Conditioning Facility

38 Market Street  
Somersworth, NH 03878  
Phone: (401) 835-3662  
**Email:** devinpowellmma@gmail.com

Name:

Email:

Subject:

Message:

Also just letting you know the font for Nostos MMA is called Wide Latin. Thank you again and please do not hesitate to call or email me.

Lisa 207 841 7900