

Wrestling Summer Camps

Introductory Wrestling Camp

No prior experience is necessary. This 4-week camp incorporates fundamental drills. Each day starts with warm ups and games, leads into skills, competitive games and drills and finishes with strength and conditioning options. Campers benefit in learning combative skills and principles similar to any martial art discipline. The camper trains and experiences the martial preparation and strategy necessary to thrive in any competition.

Age: Middle-High School **Date:** Jun 14-Jul 7 (Tues, Wed, Thu) **Time:** 6 pm-8 pm **Price:** \$175 **Codes:** WR01-11

Advanced Wrestling Camp

This camp will review in repetition the basic fundamentals to be a solid wrestler in all three phases of wrestling – the top, bottom, and neutral positions. We will also look at explosive and match changing moves to create take down to pin situations, basic throws, introduction to leg riding and advanced pinning combinations.

Age: Middle-High School **Date:** Jun 14-Jul 7 (Tues, Wed, Thu) **Time:** 6 pm-8 pm **Price:** \$175 **Codes:** WR02-11

Registration Form *(Please Print information clearly)*

Athlete's Name: _____ Sex: Male Female

Birthdate: ____/____/____ Grade (2011-2012) _____ Next Year's School _____

Parent/Guardian Name(s): _____

Address: _____ City: _____ Zip Code: _____

Home Phone: (____) _____ Work Phone: (____) _____

Athlete's Email: _____

Parent's Email: _____

T-Shirt Size: Youth Large Adult Small Adult Medium Adult Large Adult XL Adult 2X

<i>Camp Code</i>	<i>Dates</i>	<i>Start Time</i>	<i>Sport</i>	<i>Age Group</i>	<i>Cost</i>
_____-11	____/____-____/____				\$ _____
_____-11	____/____-____/____				\$ _____
Total (payable to ETHS)					\$ _____

Waiver (must be signed to participate): *The participant and his/her guardian agree that Evanston Township High School, our instructors and staff will not be held responsible for any accidents or loss, however caused, and agree to release Evanston Township High School from all claims or damages which may arise as a result of, or reason of, such accident or loss.*

Parent/Guardian Signature: _____ Date ____/____/____

Return this completed form and payment to ETHS Athletic Department. Your registration is not final until your payment has been received.