

Wrestling Registration Application

Name: _____ Grade: _____
(2009-2010)

Address: _____

Email Address: _____

Home Phone: _____

Work Phone: _____

School: _____

Date of Birth: ____/____/____ Height: _____

T-shirt Size: Adult XL L M S
 Child XL L M S

Make Check Payable to/Return to: **Souderton Athletics**
41 N. School Lane, Souderton, PA 18964

\$ _____ TOTAL AMOUNT ENCLOSED

METHOD OF PAYMENT - (Circle One)

Check Cash Visa Mastercard

Credit Card #: _____

Exp. Date: _____ (Mo./Yr.)

Signature: _____

MEDICAL RELEASE

This is to certify that my child has had a physical examination by a licensed physician within the last 6 months and is free from any and all illnesses, injuries or defects that would inhibit any and all participation in camp. I give my permission for my child to attend the **Wrestling Camp**. I accept responsibility of transportation to and from the camp location. My child and I agree to abide by the rules, regulations, and procedures of the SASD. In case of illness or injury, I authorize first aid treatment as needed for my child. I have noted any medical conditions or limitations my child has on this application.

Medical Insurance Co.: _____

Policy #: _____

Medical Concerns: _____

Parent/Guardian Signature _____ Date _____

In case of emergency, please call:

Name/Relationship _____ Phone # _____

Camp Goals

To provide the campers with quality instruction, competition, and wrestling experience. We hope to improve the level of every wrestler in the camp with our various strategies, techniques, motivational tools, and guest clinician technique sessions.

What to Bring

Wrestling shoes, 2 T-shirts, Shorts,
Headgear, Sneakers

Note: Daily swimming is not guaranteed, children should bring a towel and bathing suit daily in case the schedule permits swimming.

What you will receive

Camp T-shirt

Contact Information

Souderton Athletic Department
Phone: 215-723-0840
Fax: 215-799-0760
Email: jdonahue@soudertonsd.org

Souderton Area WRESTLING CAMP

Souderton Area High School
2009



SOUDERTON
Area
SPORTS CAMPS

July 13-17, 2009

Grades 2-7

(in the 2009-2010 school year)

Who the Camp is for

Souderton Wrestling Camp is designed for beginning to experienced wrestlers entering grades 2-7. Campers will be evaluated at the start of the camps and will be placed in appropriate groupings, depending on level of ability.

This camp is also designed for a wide range of skill levels. The camp clinicians have experienced teaching and coaching wrestlers stepping on the mat for the first time, as well as, coaching wrestlers winning prestigious youth events.

Camp Information

Dates: July 13-17, 2009

Time: 9:00am to 3:00pm

Location: Souderton Area High School

Tuition: \$165.00

Please note:

****Extended Care is not available****

**Camp is open to boys in grades
2-7 in the 2009-2010 school year**

Registration: To register, fill out the attached registration form and mail it, along with the registration fee to: **Souderton Athletics**
41 N. School Lane, Souderton, PA 18964

**All registrations will be accepted on a first come, first served basis until camp is full.
Register early!!**

Note: Late registrations will be accepted if the camp is not full, however, you will not be guaranteed a T-shirt

Daily Schedule

9:00 - 12:00 Warm-up & Instruction
Recreation
Instruction, Live Wrestling & Critique

12:00 - 1:00 Lunch (provided daily)

1:00 - 3:00 Technique Session (Guest Clinician) or Video Session
Recreation
Instruction, Live Wrestling & Critique

Note: Daily swimming is not guaranteed, children should bring a towel and bathing suit daily in case the schedule permits swimming.

Camp Staff

Brian Tanen - Lehigh University Wrestler

Brandon Hatchett - Lehigh University Wrestler

Kyle Rosser - Lehigh university Wrestler.

Guest Clinicians

Jason Kutz - LVAC Coach, Lehigh University Volunteer Assistant, EIWA Champion, 2003 Freestyle World Military Wrestling Champion.

Jon Treng - LVAC Coach, 3x EIWA Champion, 3x NCAA All-American, 2x Midlands Champion.

Current Souderton Area H.S. wrestlers

Registration Deadline: May 30, 2009

Late Registration Fee: \$10 - after 5/30/09

Refund Policy: No cash refunds - we will only grant a refund in the form of credit towards another camp at another time or season.

About the Camp

Souderton Wrestling Camp is designed to take wrestlers at their present skill level and refine those skills into competitive techniques. Each wrestler will be evaluated for strengths and weaknesses in technique and then instructed in ways to improve. Wrestlers will be coached in various areas of wrestling, including mental and physical preparation.

Daily instruction from the camp director, counselors, and clinicians in small-group settings will be provided. Coaches and clinicians will utilize the gymnasium and other facilities at SAHS, for instruction, recreation, education, and exploration.

The technique sessions will involve topics including: leg attacks, throws, defense, scoring from the bottom, pinning combinations, and more. There will also be time spent teaching a few other styles of wrestling such as:

Scholastic

Freestyle

Greco Roman