



# Westside Wrestling Club

## Pre Season Camp

For Ages 8 to 18

In this pre season camp we will get you ready for this wrestling season. We will work on your strength and conditioning, as well as learn new moves from coaches from around our area. The camp format takes you from stance and position, to leg rides, with emphasis on the seven basic skills.

**When:** The Camp begins on Tuesday Sept 13th, 2011. It will continue every Tuesday and Thursday until the Nov 3rd. This will not only get you ready for your season, but also, the Halloween Open (Colorado School of Mines), USA National Preseason Tournament (Cedar Rapids, Iowa), Monster Match (Denver CO), and the NUWAY Tournament (Las Vegas).... all happening in late October.

**Time:** Elementary 5:30 – 6:30pm. Middle and High School 6:30 – 7:30 p.m. (Practice time will lengthen as the camp goes on)

**Cost:** \$70.00 Middle School and High School each, Elementary School Kids will need to bring a partner and get two for one, Family deal half for 2<sup>nd</sup> wrestler and a quarter for 3<sup>rd</sup>. Scholarships are available for needy families, but please be honest as this is a fund raiser for the program.

*Please make checks payable to Coronado Wrestling Club*

**Where:** Coronado High School, Wrestling Room

- You may register the first day of practice.
- We will have Olympic level clinicians at many of the practices.
- If you desire to compete (not required) you will need to purchase a USAW membership card at [www.themat.com](http://www.themat.com).

**Questions?** Please call:

Cam McElhany	598-9406
Phil Olson	596-2756
Matt Brickell	592-9368
Dave Hays	235-2326
Tom Muzzy	439-3139

*Please return the form below when you register*

Name of participant (Print)		Age	Birth date <u>   </u> / <u>   </u> / <u>   </u>	
Address	Zip	Phone (Home)	Phone (Work)	
Parent name (please print)		Phone (Cell)		
Email address		Email Address		

**Disclaimer:** In consideration of your acceptance of my entry, I intend to be legally bound, hereby for myself, my heirs, executor, and administrators, waive and release the Westside Wrestling Club, Westside Wrestling Camp, Coronado High School, and members, from all claims to injury or rights to damage for traveling to and from, participating, or attending the Westside Wrestling Club.

Parent/Guardian Signature: \_\_\_\_\_  
 Physician's Name: \_\_\_\_\_  
 Physician Phone: \_\_\_\_\_  
 Does your child have medical insurance? \_\_\_\_\_

Dues \$ \_\_\_\_\_  
 \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_  
 Payment Check # \_\_\_\_\_ Cash \_\_\_\_\_