

WARRIOR WRESTLING

SUMMER 2017 CAMP – MIDDLE & HIGH SCHOOL (6-12)

WHERE: Waubonsie Valley High School (Wrestling balcony)

WHEN: June 19th through June 22nd
June 26th through June 29th

TIME: 11:00 am – 12:30 pm

(grades 6 - 12 in Fall of 2017)

COST: \$80 per person

WHAT TO BRING: Wrestling shoes, workout gear and towel, water bottle.

REGISTRATION: Complete the registration form at bottom, and along with your check, send to:

Warrior Wrestling Summer Camp
Waubonsie Valley High School
C/O Brad Caldwell
2590 Ogden Avenue,
Aurora, IL 60504

The Warrior Wrestling program has been among the elite of Illinois wrestling in the past years. The Varsity Wrestling Program has a dual meet record of 570-334-5 all-time record, while wrestling some of the most talented programs in the state. We want to continue to build on these successes! The Warriors have captured six Conference titles, eleven Team Regional Championships, three Team Sectional Championships and they placed Second twice and Fourth once in the State of Illinois.

In addition to the team's success, individuals have had an equally successful experience. Warrior wrestlers have captured numerous Conference, Regional and Sectional titles; 37 State medals, 8 finalists and 7 State Champions.

The Warrior Wrestling Camps will give wrestlers of all ages and experience the opportunity to learn and develop the fundamentals necessary for success. Areas of instruction will include technique, conditioning, strength training and psychological preparation. The Warrior staff will teach wrestling "The Warrior Way."

About the camp:

This summer the camp will include sessions covering all of the areas of wrestling. Wrestlers will be instructed in the areas of neutral and mat wrestling. We will also address the areas of mental and physical conditioning and how these will allow athletes to become a successful wrestler. Other topics will be covered in a clinic format lead by a variety of staff members.

SUMMER CAMP INFORMATION

Make checks payable to: **WVHS**

Name: _____

Address: _____

Phone: _____

Age: _____

Grade- 2017-18 _____

Shirt size (adult) XS S M L XL 2X 3X

Approx.Weight _____