



**WRESTLING**

## 2011 Summer Wrestling Camp

**When:** June 13-16 9-11am

**Where:** HSE Wrestling Room

**Who:** 1<sup>st</sup> grade -8<sup>th</sup> grade

**Costs:** \$50.00 Pre-registration, \$60.00 day of camp.

**Staff:** High school coaches and varsity wrestlers.

**Focus:** Campers will be taught the fundamentals of wrestling, nutrition and basic strength training. Awards will be presented on the last day of camp in the following areas: Most Improved, MVW, Mental Attitude, Push-ups, & Pull-ups-

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**T-Shirt Size Please Circle Youth S YM YL YXL Adult S M L XL XXL**

**Name:** \_\_\_\_\_ **Grade Next Fall:** \_\_\_\_\_.

**School Next Fall:** \_\_\_\_\_ **Home Phone Number:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Emergency Phone Number:** \_\_\_\_\_

**WAIVER**– I hereby authorize the directors of the HAMILTON SOUTHEASTERN WRESTLING CAMP to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the camp from any and all liability for any injury and/or illness incurred while at the camp. I will be responsible for any medical or other charges in conjunction with the camp.

**Parent Signature:** \_\_\_\_\_

Make check or money order payable to: Mail application and payment to:

**HSE Wrestling Camp**

**Coach Greg Gastineau**

**Hamilton Southeastern High School**

**13910 East 126th Street**

**Fishers, IN 46037**