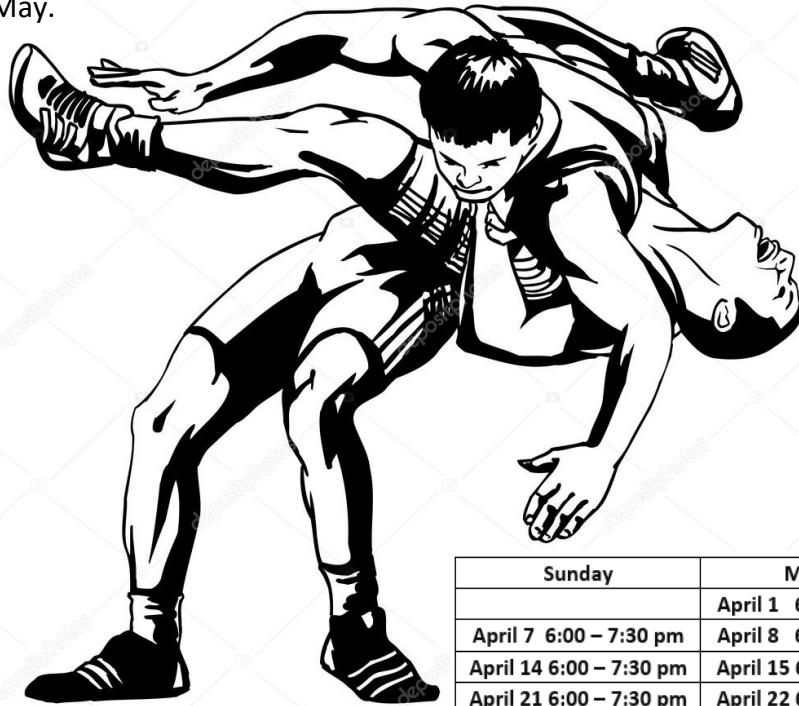


# Old School Wrestling

Competing in the wrestling styles of Freestyle and Greco Roman are the secret ingredients to having more success during the regular season. This camp will emphasize the basic fundamentals of Freestyle and Greco Roman wrestling. Skills such as gut wrenches, leg laces, crotch lifts, and pummeling will all be featured. Practices will include dynamic warm ups, technique/drilling, and live wrestling. Three practices will be offered in the Amery High School and Middle School wrestling room weekly to accommodate the busy spring time and to help the athletes train for the State Tournament the first weekend of May.



Joe Raygor



## Camp Details

Camp Fee - \$50

Grades - 2 thru 12<sup>th</sup>

Location - Amery High School Wrestling Room

What to bring - wrestling gear, running shoes, singlets

Sunday	Monday	Thursday
	April 1 6:30 - 8:00 pm	April 4 6:30 - 8:00 pm
April 7 6:00 - 7:30 pm	April 8 6:30 - 8:00 pm	April 11 6:30 - 8:00 pm
April 14 6:00 - 7:30 pm	April 15 6:30 - 8:00 pm	April 18 6:30 - 8:00 pm
April 21 6:00 - 7:30 pm	April 22 6:30 - 8:00 pm	April 25 6:30 - 8:00 pm
April 28 6:00 - 7:30 pm	April 29 6:30 - 8:00 pm	May 2 6:30 - 8:00 pm

Mike Kelly



Nick "Foley" Andersen

## Old School Wrestling Registration Form

Spring 2019

Participant Name \_\_\_\_\_ Birthdate \_\_\_/\_\_\_/\_\_\_ Grade in school \_\_\_\_\_  
 School District wrestler attends \_\_\_\_\_ Weight \_\_\_\_\_ Rank (1-5 5 is excellent) \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Day/Mobile Phone \_\_\_\_\_ Email \_\_\_\_\_

Make Checks payable to Amery Community Education and send to:

*Amery Community Ed • 555 Minneapolis Ave • Amery, WI 54001*

-OR-

- Make Payment by phone using Visa or Master Card 715-268-9771 x220
- Online using Visa or Master Card [www.amerysd.k12.wi.us](http://www.amerysd.k12.wi.us) click on 'Community Education' & go to 'Online Registration'

I wish to register my minor child, and consent to my child's participation in the Old School Wrestling sponsored by Amery Community Ed. I recognize that participation in recreational and instructional activities, even when well supervised, poses a risk of physical injury to my child, and I agree to assume such a risk on behalf of my child. I consent to my child's participation in this program. I certify that my child has no medical conditions or impairment, including the use of medication, which might inhibit his or her participation.

I, the undersigned, hereby hold the staff of Old School Wrestling and Amery School District from liability for any medical and or accident expenses which my minor child may incur during his/her involvement. I hereby certify that my child is provided coverage via personal health and accident insurance in effect which is sufficient to cover any and all of the expenses which may occur.

Parent/Guardian Name (please print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_