

Washburn Rural High School

Junior Blues Wrestling

2011 Team Camp: Attack-style takedowns

Dates: Tuesday, July 5th through Friday, July 8th

Times: 2:00-4:00 (high school wrestlers)

6:00-8:00 (youth and middle school wrestlers)

Age groups: K-12

Location: WRHS in the new mat room

Cost: \$30, which includes a camp t-shirt and insurance. All proceeds will directly benefit your Junior Blues wrestling program.

Contact: Damon Parker, WRHS Head Coach

(785) 339-4100 (WRHS Main Office)

(816) 522-8335 (cell phone)

dgp7575@gmail.com



Objective: This year's camp focus will be on learning attack-style takedowns and applying them in live wrestling situations. While all wrestlers may know how to "shoot" a takedown, very few know how to truly attack with their takedowns. Wrestling matches are won and lost on your feet. At the end of this four day camp you will be a much more confident and aggressive wrestler from the neutral position. This is a great opportunity to experience the new, second-to-none wrestling facilities at WRHS! Please fill out the following form and mail with a \$30 check to:

Damon Parker, Head Wrestling Coach

5900 SW 61st Street, Topeka, KS 66619

Deadline: June 28th, 2011

Name: _____ Parent's Names: _____

Parents'/Family e-mail address: _____

Emergency contact name/number: _____ (cell / work / home)

School attending in 2011-2012: _____ Age: _____ Current approximate weight: _____

Date of birth: _____ Grade in 2011-2012: _____ Years of wrestling experience: _____

Shirt size: ___ youth small ___ youth medium ___ youth large
 ___ adult small ___ adult medium ___ adult large ___ adult XL ___ adult XXL

Release of liability: I grant my student permission to participate in the WRHS summer wrestling camp. I hereby assume all risk of his/her personal injury that may result from any wrestling camp activity. As parent/guardian I do hereby release Auburn Washburn Schools and all instructors and all participants from said wrestling camp from all liability for injury that may result from the student taking part in wrestling camp activities.

This activity is not sponsored by Auburn-Washburn School District USD 437 and the school district is not responsible for any loss or injury resulting from participation in the activity or observing the activity.

Parent/Guardian signature

Date

Please return to Coach Parker by June 28th, 2011