

ECHS Wrestling Youth and Middle School Wrestling Mini-Camp

What: Mini-camp for those who may be interested in wrestling

When: Friday, October 5th and Monday, October 8th

Time: 8:00 am-12:00 pm

Where: ECHS Wrestling Room (attached to the old gym and next to the main cafeteria)

Who: All Kindergarten through 8th graders

Cost: \$60.00; payable to ECHS Takedown Club

What to bring/wear: Activewear (shorts/tee shirt), socks, athletic style shoes, wrestling shoes (if you own them), cash for snacks/drinks

What we will do: Basic warm-up drills/stretches/movements, beginning instructional technique on the three positions (neutral, bottom, top), technique drills with fun and focus in mind, combative games (foot tag, bulldog, etc..)

Please complete and return registration form along with check/money order by NO LATER THAN FRIDAY, 9/21 to:

East Coweta High School
Attn: MATT FERRARI
400 Sharpsburg McCollum Rd
Sharpsburg, GA 30277

Camper's Name: _____ Grade (2018-2019 school year): _____

Parent/Guardian Name: _____

Address: _____

Cell Phone #: _____
Alternate# _____

Parent Email: (please write legibly) _____

Please list any medical conditions/ allergies we need to be aware of: _____

T-shirt Size (please only check one size): Youth Small: _____ Youth Medium: _____ Youth Large: _____

Adult Small: _____ Adult Medium: _____ Adult Large: _____

I hereby give my permission for my son/daughter to participate in the East Coweta Wrestling Camp and waive Coweta County Schools and East Coweta High School coaches and wrestlers of liability for accident and injury. I also give permission to obtain emergency first aid if necessary. I certify my son/daughter is covered by insurance.

Parent Signature _____ Date: _____