

Introduction to Wrestling Camp

July 15-17th at Northern Cass School Aux. Gym

6:00-7:00pm



Open to: 1st through 6th grade boys and girls (next school year)

Cost/Registration: \$20 (Proceeds to go toward new/additional singlets) Please make checks out to Northern Cass School and turn registration into the school office prior to the end of the school year or mail registration to Gabe Davidson at 617 Leonards Way, Argusville, ND 58005

Camp Skills:

Introduction to top, bottom, and neutral wrestling positions

Camp Structure:

Warmup, Conditioning, Technique, Live Wrestling/Situations, Game

What to Bring:

Come dressed in shorts and a t-shirt

Contact for Questions: gabrieldavidson@live.com

Name of Camper: _____

Guardian Phone/email: _____

Grade in 2019-20: _____

Known medical conditions we need to be aware of: _____

Guardian Signature: _____ Date: _____