

Registration

To register, please use this flyer.

1. Mark the dates you plan to attend the Faribault Wrestling Summer Wrestling Program.
2. Please use the "Program Date" page.
3. Darken the diamond next to the desired program dates.
4. Fill out the information below and return this flyer.
5. Please include your Program Fee.
6. Checks payable to Faribault Wrestling
9. Mail Registration Flyer and Program Fee to:

Coach Jesse Armbruster
1411 Sunbird Lane
Faribault, MN 55021

Wrestler _____

Age _____ Grade _____ Weight _____

Address _____

City _____ School _____

Parent(s) _____ Phone _____

Email _____

I hereby authorize the program director of the Faribault Wrestling Summer Program to act for me according to their best judgment in any emergency which may require medical attention and I hereby waive and release the program from any an all liability for any injuries while at practice, or arising out of my traveling to and from wrestling.

Parent Signature _____ Date _____

T-Shirt Size: YS YM YL AS AM AL AXL A2X

Total Amount Enclosed: _____

Program Focus

Technique:

Neutral Position:

- Hand Fighting, Set-ups, Td's and Finish

Top Position:

- Turns and Pinning Combinations

Bottom Position:

- Escapes and Reversals

Peak Performance:

- Systematic Approach to Winning
- Winning Attitude
- Mental Side of Wrestling
- Match Preparation (Focus)
- Wrestler Lifestyle
- Strength Training
- Conditioning
- Intense Drilling
- Live Wrestling

Falcons



**FARIBAULT WRESTLING
Summer Program**

*"Pride is a personal Commitment!
It's an Attitude that separates
Excellence from mediocrity."*

The 2013 Faribault Wrestling Summer Program
Is sponsored and supported by
WolfPack Wrestling
For more information, contact
Jesse Armbruster at 507-202-0645

Program Dates

◇ To select a date, darken the diamond.

Date:	K-5:	6-12:
◇ Monday, June 10th	(10-12pm)	(12-3pm)
◇ Tuesday, June 11th	(10-12pm)	(12-3pm)
◇ Wednesday, June 12th	(10-12pm)	(12-3pm)
◇ Thursday, June 13th	(10-12pm)	(12-3pm)
◇ Monday, June 17th	(12-2pm)	(8-12am)
◇ Tuesday, June 18th	(12-2pm)	(8-12am)
◇ Wednesday, June 19th	(12-2pm)	(8-12am)
◇ Thursday, June 20th	(12-2pm)	(8-12am)
◇ Monday, June 24th	(10-12pm)	(12-3pm)
◇ Tuesday, June 25th	(10-12pm)	(12-3pm)
◇ Wednesday, June 26th	(10-12pm)	(12-3pm)
◇ Thursday, June 27th	(10-12pm)	(12-3pm)
◇ Monday, July 8th	(12-2pm)	(8-12am)
◇ Tuesday, July 9th	(12-2pm)	(8-12am)
◇ Wednesday, July 10th	(12-2pm)	(8-12am)
◇ Thursday, July 11th	(12-2pm)	(8-12am)
◇ Monday, July 15th	(10-12pm)	(12-3pm)
◇ Tuesday, July 16th	(10-12pm)	(12-3pm)
◇ Wednesday, July 17th	(10-12pm)	(12-3pm)
◇ Thursday, July 18th	(10-12pm)	(12-3pm)
◇ Monday, July 22nd	(12-2pm)	(8-12am)
◇ Tuesday, July 23rd	(12-2pm)	(8-12am)
◇ Wednesday, July 24th	(12-2pm)	(8-12am)
◇ Thursday, July 25th	(12-2pm)	(8-12am)

Faribault Wrestling

is committed to providing you with the most critical aspects of successful wrestling.

From basic fundamentals to advanced college level skill development.

designed to wrestling ability, scoring

Our technique performance you understand mental skills become a



This camp is maximize your and increase your potential.

and peak sessions will help the physical and needed to champion.

Live wrestling will also be offered each day along with additional topics of strength training , conditioning, motivational instruction, as well as nutrition and mental discipline.

6-12 Sample Schedule (3 Hours):

15 minutes:	Warm-up Drilling
10 minutes:	Stretching
60 minutes:	Technique
30 minutes:	Live Drilling & Situations
10 minute:	Break
20 minutes:	Wrestling Education
20 minutes:	Lift/Conditioning
15 minutes:	Live Wrestling

K-5 Sample Schedule (2 Hours):

10 minutes:	Warm-up Drilling
5 minutes:	Stretching
30 minutes:	Technique
15 minutes:	Live Drilling & Situations
5 minutes:	Break
15 minutes:	Live Drilling & Situations
5 minute:	Break
10 minutes:	Wrestling Education
10 minutes:	Strength & Conditioning
10 minutes:	Live Wrestling
5 minutes:	Game

Program Fee

So we can best meet the needs of our wrestlers, we have several program options.

Cost Break Down:

Choose 1-4 Program Dates
The cost is \$45

Choose 5-8 Program Dates
The cost is \$65

Choose 9-14 Program Dates
The cost is \$95

Choose 15-20 Program Dates
The cost is \$115

Sign-up for all 24 Program Dates
Your cost is \$125

All wrestlers will receive a
Program T-Shirt!

This event, class, activity or matter is not sponsored or endorsed by the school district and is not printed at district expense.