Registration

To register, please use this flyer.

- 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	Grad	le		Weight			
Address							
City		Sc	nool				
Parent(s)		Ph	Phone				
Email							
I hereby authori: Program to act if which may requ program from a arising out of my	for me accor lire medical any an all li	ding to th attention ability fo	neir best ju and I her r any inj	udgmen eby wa uries wl	t in any ive and	emergency release the	
Parent Signature				Date			
T-Shirt Size: Y	s ym	YL A	5 AM	AL	AXL	A2X	

Total Amount Enclosed:

Program Focus

Technique:

Neutral Position:

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

Top Position:

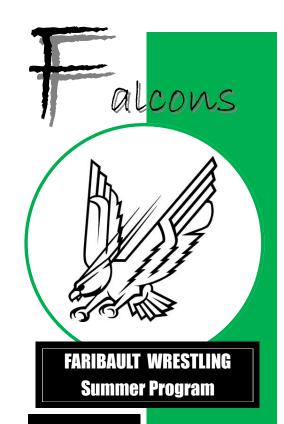
• Turns and Pinning Combinations

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



"Pride is a personal Commitment! It's an Attitude that separates Excellence from mediocrity." The 2013 Faribault Wrestling Summer Programmer Sponsored and supported by WolfPack Wrestling
For more information, contact
Jesse Armbruster at 507-202-0645

Program Dates

\Diamond	To select a date, darken the dia Date:	amond. K-5:	6-12:
\Diamond	Monday, June 10th	(10-12pm)	(12-3pm)
\Diamond	Tuesday, June 11th	(10-12pm)	(12-3pm)
\Diamond	Wednesday, June 12th	(10-12pm)	(12-3pm)
\Diamond	Thursday, June 13th	(10-12pm)	(12-3pm)
\Diamond	Monday, June 17th	(12-2pm)	(8-12am)
\Diamond	Tuesday, June 18th	(12-2pm)	(8-12am)
\Diamond	Wednesday, June 19th	(12-2pm)	(8-12am)
\Diamond	Thursday, June 20th	(12-2pm)	(8-12am)
^	Manday bura 24th	40.40 \	40.0 \
♦	Monday, June 24th	(10-12pm)	(12-3pm)
◊	Tuesday, June 25th	(10-12pm)	(12-3pm)
\Diamond	Wednesday, June 26th	(10-12pm)	(12-3pm)
\Diamond	Thursday, June 27th	(10-12pm)	(12-3pm)
\Diamond	Monday, July 8th	(12-2pm)	(8-12am)
\Diamond	Tuesday, July 9th	(12-2pm)	(8-12am)
\Diamond	Wednesday, July 10th	(12-2pm)	(8-12am)
\Diamond	Thursday, July 11th	(12-2pm)	(8-12am)
\Diamond	Monday, July 15th	(10-12pm)	(12-3pm)
\Diamond	Tuesday, July 16th	(10-12pm)	(12-3pm)
\Diamond	Wednesday, July 17th	(10-12pm)	(12-3pm)
\Diamond	Thursday, July 18th	(10-12pm)	(12-3pm)
\Diamond	Monday July 22nd	(12 2)	(0.12)
	Monday, July 22nd	(12-2pm)	(8-12am)
♦	Tuesday, July 23rd	(12-2pm)	(8-12am)
◊	Wednesday, July 24th	(12-2pm)	(8-12am)
\Diamond	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.

This camp is

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, activitiy or matter is not sponsored or endorsed by the school district and is not printed at district expense.