

Registration

To register, please use this flyer.

1. Mark the camp date(s) you plan to attend the Faribault Wrestling Summer Wrestling Program.
2. Fill out the information below and return this flyer.
3. Please include your Program Fee.
***Checks payable to Faribault Wrestling
4. 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 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: _____

Faribault Public Schools & Community Education

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

Falcons



FARIBAULT WRESTLING Summer Program

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

The 2014 Faribault Wrestling Summer Program
Is sponsored and supported by
WolfPack Wrestling
For more information, contact
Jesse Armbruster at 507-202-0645

Camp Focus

Technique:

Neutral Position:

- Hand Fighting, Set-ups, Td's and Finish (Low Single Specific)

Top Position:

- Turns and Pinning Combinations (Cradle & Turk Specific)

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

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
35 minutes:	Live Drilling & Situations
10 minute:	Break
25 minutes:	Wrestling Education
25 minutes:	Lift/Conditioning
15 minutes:	Live Wrestling

K-5 Sample Schedule (2+ Hours):

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

Dates & Fees

K-5th Grade:

- Monday, June 16th—Thursday, June 19th
9:00AM – 11:30AM
Cost is \$40.00
- Monday, July 14th—Thursday, July 17th
12:00PM - 2:30PM
Cost is \$40.00
- I would like to sign-up for both camps at a discounted rate!**
Cost for both camps is \$60.00

6th-12th Grade:

- Monday, June 16th—Thursday, June 19th
12:00PM-3:15PM
Cost is \$50.00
- Monday, July 14th—Thursday, July 17th
9:00AM - 12:15PM
Cost is \$50.00
- I would like to sign-up for both camps at a discounted rate!**
Cost for both camps is \$75.00