

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 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: _____

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 2015 Faribault Wrestling Summer Program
Is sponsored and supported by
Faribault Wrestling Association
For more information, contact
Jesse Armbruster at 507-202-0645

Camp 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

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 maximize your wrestling ability, and increase your scoring potential.



Our technique and peak performance sessions will help you understand the physical and mental skills needed to become a 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.

Faribault Wrestling Camps are open to all wrestlers (K-12) who are committed to improving their fundamental skill set in the sport of wrestling.

We will be offering **24 total dates of camp** instruction this summer. Each session is offered at \$5. However, in committing to more than eight sessions that fee decreases to as low as \$3 per session. Don't miss out on an opportunity to become a better wrestler!

Sample Schedule:

12 minutes:	Stretching & Dynamic Warm-up
12 minutes:	Motion Wrestling Plan A Plan B
30 minutes:	Technique (Feet)
12 minutes:	Live Drilling & Situations
12 minutes:	Live Wrestling
20 minutes:	Technique (Bottom)
10 minutes:	Live Situations
20 minutes:	Technique (Top)
10 minutes:	Live Situations
12 minutes:	Core Workout
12 minutes:	Games
7 minutes:	Stretching
***	Breaks Added Throughout

Dates & Fees

Camps dates will run Monday-Thursday. **Monday and Wednesday will begin at 8:30am and end at 11:30am.** There is a free breakfast (7:45-8:45am) and lunch (11:00-12:00pm) offered through Sodexo campers can also take advantage of. **Tuesday and Thursday times begin at 5:30pm and ends at 8:30pm.**

June Dates & Times:

<input type="radio"/>	Monday, June 8 8:30-11:30am
<input type="radio"/>	Tuesday, June 9 5:30-8:30pm
<input type="radio"/>	Wednesday, June 10 8:30-11:30am
<input type="radio"/>	Thursday, June 11 5:30-8:30pm
<input type="radio"/>	Monday, June 15 8:30-11:30am
<input type="radio"/>	Tuesday, June 16 5:30-8:30pm
<input type="radio"/>	Wednesday, June 17 8:30-11:30am
<input type="radio"/>	Thursday, June 18 5:30-8:30pm

<input type="radio"/>	Monday, June 22 8:30-11:30am
<input type="radio"/>	Tuesday, June 23 5:30-8:30pm
<input type="radio"/>	Wednesday, June 24 8:30-11:30am
<input type="radio"/>	Thursday, June 25 5:30-8:30pm

*****Team Camp Week: For more information (7-12) please contact Coach Armbruster**

July Dates & Times:

<input type="radio"/>	Monday, July 6 8:30-11:30am
<input type="radio"/>	Tuesday, July 7 5:30-8:30pm
<input type="radio"/>	Wednesday, July 8 8:30-11:30am
<input type="radio"/>	Thursday, July 9 5:30-8:30pm
<input type="radio"/>	Monday, July 13 8:30-11:30am
<input type="radio"/>	Tuesday, July 14 5:30-8:30pm
<input type="radio"/>	Wednesday, July 15 8:30-11:30am
<input type="radio"/>	Thursday, July 16 5:30-8:30pm
<input type="radio"/>	Monday, July 20 8:30-11:30am
<input type="radio"/>	Tuesday, July 21 5:30-8:30pm
<input type="radio"/>	Wednesday, July 22 8:30-11:30am
<input type="radio"/>	Thursday, July 23 5:30-8:30pm

Fee:

1-4 Sessions = \$20	5-8 Sessions = \$40
9-12 Sessions = \$50	13-16 Sessions = \$60
17-20 Sessions = \$70	21-24 Sessions = \$80