

Faribault Speed and Strength Training

June—August 2019

Camp is every Monday, Tuesday, Wednesday, & Thursday

- 9-12 Grades
- Times are 7:30-9:00am
- 6-8 Grades
- Times are 9:45-11:15am
- No classes July 1st-5th

Registration is through FeePay. *Same process as sports registration:*



Faribault Specific Wrestling Camps

Augsburg Team Camp

Sunday, June 16th-
Thursday, June 20th

Cost \$350

Deposit Due: Friday, May
31st (\$100)

Depart FHS Noon on June
16th

*Registration Form is
Attached.

Please mail to coach
Armbruster at
1411 Sunbird Lane
Faribault

Faribault Technique Camp

Wednesday, July 24th-
Friday, July 26th

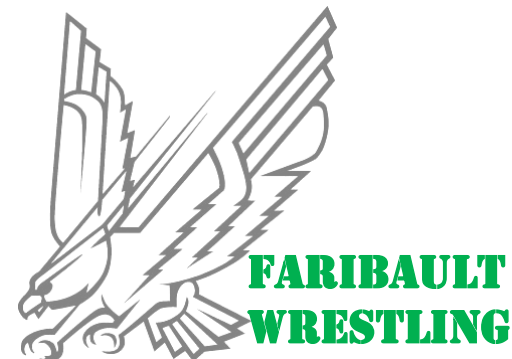
Youth K-5 1:00-3:00pm

FMS/FHS 6-12 5:00-
7:30pm

FHS Wrestling Room
Coast \$30

Faribault Wrestling Family Picnic

Saturday, July 27th



Faribault Wrestling Families

We have created a schedule we believe will give our wrestlers an advantage for the upcoming season. If you have any questions regarding the Summer or Fall Intensive Training Camps, Faribault Wrestling Camp, Augsburg Team Camp, or Summer Speed and Strength Camp, please contact Coach Armbruster at 507-202-0645 or email him at jarmbruster@faribault.k12.mn.us

We are also looking to host a Summer Faribault Wrestling Family Picnic on Saturday, July 27th. More information will be available this summer...stay tuned!

Faribault Wrestling Camps

w/ Thorn Wrestling

Name _____

Address _____

State _____ Zip _____

Phone (1) _____

Phone (2) _____

Age _____ Weight _____ Grade (Fall 2019) _____

Insurance Company _____

Policy Number _____

Camps...select the correct box(s)

- ◇ **Summer Intensive Technique Camp I \$135, Faribault High School**
- ◇ **Augsburg Team Wrestling Camp, \$350, Augsburg University**
- ◇ **Faribault Only Summer Technique Camp II, \$30, Faribault High School**
- ◇ **Fall Intensive Technique Camp III \$135, Faribault High School**
- ◇ **Faribault Speed & Strength Training, *Sign-up through Fee Pay***

As a condition of enrollment, this disclaimer of liability must be signed and dated by the camper's parent(s) or legal guardian. The camper, in attending any FHS Camp does so at their own risk. The camp and all staff shall not be held liable for any damage arising from personal injury sustained by the camper during the camp. The camper and parent(s)/legal guardian assume full responsibility for any damages or injuries which may occur to the camper during the camp, and so hereby fully and forever exonerate and discharge FHS Wrestling Camp and its staff from any and all claims, demands, right of action, present and future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the camper's participation in the camp session or in the use of the facilities.

Parent/Guardian Authorization: I have read the above and agree to relieve FHS Wrestling Camps and staff of any responsibilities should any accidents occur. My son/daughter has had a recent physical examination and is physically able to participate in all camp activities and is free from infectious disease. I give my consent for the FHS trainers and doctors to treat my son/daughter in case of injury or illness. I understand the sport of wrestling and serious injury may result while participating in camp activities. I certify to the best of my knowledge, my son/daughter is in good physical condition and has no disease that would impair performance in training or competition.

Signature _____

Date _____

Cut and return to Coach J. Armbruster 1411, Sunbird Lane Faribault, MN 55021

Summer Camp I

Faribault Wrestling

&

Thorn Wrestling Camps

Have partnered to bring you a summer technique series you are sure to love. Our summer wrestling camp will be run by Patrick McKee!

From basic fundamentals to advanced college-level skill development. This camp is designed to maximize your wrestling ability, and increase your scoring potential. Technique sessions led by the best Minnesota Wrestling has to offer 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 and conditioning training, motivational instruction, as well as nutrition and mental discipline.

Camp Specifics

9 Dates

June 3, 10, 12, 24, 26
July 10, 15, 22, 31

Times

6:00-7:00pm Youth K-5
7:15-8:30pm High School 6-12

Cost

\$135

Register Today

Email:

jarmbruster@faribault.k12.mn.us

Phone:

507-202-0645

Mail:

Jesse Armbruster
1411 Sunbird Lane
Faribault, MN 55021

Fall Camp III

Faribault Wrestling

&

Thorn Wrestling Camps

Have partnered to bring you a summer technique series you are sure to love. Our summer wrestling camp will be run by Brent Jones!

From basic fundamentals to advanced college-level skill development. This camp is designed to maximize your wrestling ability, and increase your scoring potential. Technique sessions led by the best Minnesota Wrestling has to offer 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 and conditioning training, motivational instruction, as well as nutrition and mental discipline.

Camp Specifics

9 Dates

September 10, 17, 24,
October 8, 15, 22, 29
November 5, 12

Times

6:00-7:00pm Youth K-5
7:15-8:30pm High School 6-12

Cost

\$135

Register Today

Email:

jarmbruster@faribault.k12.mn.us

Phone:

507-202-0645

Mail:

Jesse Armbruster
1411 Sunbird Lane
Faribault, MN 55021

THORN
WRESTLING
CAMPS

THORN
WRESTLING
CAMPS