



Wrestling is a fun, competitive sport that also has many real physical benefits. It provides a good cardiovascular workout, strengthens your balance, and builds discipline and self-confidence. Wrestling is also a comparatively inexpensive sport.

**What: Summer Wrestling Camp** - This camp is for wrestlers K-8<sup>th</sup> grade who want to learn wrestling skills and techniques. New wrestlers are welcomed and encouraged, as this camp provides a good introduction to the sport of wrestling as well as teaching more advanced techniques for seasoned wrestlers.

**When: Monday August 2nd through Thursday August 5th**

- Beginners 6 - 7:00PM, \$40
- Advanced 7 - 8:30PM \$50
- Pre-register by July 19 to receive your camp T-Shirt
- To pre-register email [djsv@novozymes.com](mailto:djsv@novozymes.com)

**Where: Chanhasen High School Wrestling Room** – Clinicians will be Stallions Clubs Coaches with assistance from Chaska/Chanhasen High School Wrestlers

Participant's Name \_\_\_\_\_ Yrs. Experience \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Weight \_\_\_\_\_

Address \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

*I hereby agree to release the Stallions Youth Wrestling Club, Eastern Carver Country School District 112 and any associated members from any and all responsibility for injury or accident.*

Parent Signature \_\_\_\_\_

To learn more about Stallions Wrestling please visit our Web site at [StallionsWrestling.org](http://StallionsWrestling.org)

Questions: Matt Timm at [mattptimm@gmail.com](mailto:mattptimm@gmail.com)