



Cool Sunshine Wrestling Youth Commuter Camp



June 13th-15th Tentative Schedule

9:00 am – 11:00 am	Morning Technique Session	<i>All sessions will be held in Plachy Hall's upstairs gymnasium at Adams State University.</i>
11:00 am – 1:00 pm	Break/Lunch	
1:00 pm – 3:00 pm	Afternoon Technique Session	

*****Friday June 15th will only include a morning session from 9:00am- 11:00am*****

30 minutes of each session will include live wrestling and special drills

In between sessions lunch will be provided

The Swimming Pool will be open in between sessions as well. BRING TRUNKS AND TOWEL

Camp includes...

Five full sessions of technique tailored for both the beginner and experienced wrestler. Both beginner and experienced wrestlers will be shown **basic fundamental skills** required to become a successful wrestler at any level. Beginning wrestlers will be given **extra support** with basic skills. Experienced wrestlers will learn **advanced technique** used by high caliber wrestlers.

Camp Staff

- Adams State College Wrestling Coaching Staff
 - Adams State Wrestlers including D-Riz Huff, Percy, Khalil "The Nightmare" Chewy, The Throwin' Samona Tuli, The Twins, as well as others.

For more information contact Jason Ramstetter @ 719-587-7274 or email: wrestling@adams.edu

Check out www.grizzlywrestlingcamps.com for more information and registration
(Parents traveling from a distance please contact Jason Ramstetter for a housing option)



Commuter Camp Registration Form

Name: _____ Age: _____ School: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

T-Shirt Size* (Circle One): Kids- S M L XL or Adult- S M L XL

I certify that my child is in good health and may participate in all activities. In case of emergency, I grant permission for treatment to be given at a local hospital.

Parent(s) Name _____ Parent(s) Signature _____

Family Insurance Company _____ Policy Number _____

Emergency Phone _____



Camp Fee: \$100.00 made payable to *Adams State Wrestling Camp (Sibling Discount Available)*

Credit/Debit cards accepted at check in. You can also register online at www.grizzlywrestlingcamps.com

*******Please Pre-register by sending registration form, email, or phone. Payment can be paid at check in on Wednesday morning*******

WALK UP REGISTRATION

Walk up registration & check in will also be on June 13th from 8:15 - 8:45 a.m. in the upstairs gym of Plachy Hall.

Adams State Wrestling Camp
ATTN: Jason Ramstetter
208 Edgemont Blvd
Alamosa, CO 81101