



# Cool Sunshine Wrestling Youth Commuter Camp



## June 11<sup>th</sup>-13<sup>th</sup> Tentative Schedule

9:00 am – 11:00 am

Morning Technique Session

*All sessions will be held in*

11:00 am – 1:00 pm

Break/Lunch

*Plachy Hall's upstairs gymnasium*

1:00 pm – 3:00 pm

Afternoon Technique Session

*at Adams State University.*

**\*\*\*Friday June 13<sup>th</sup> will only include a morning session from 9:00am- 11:00am\*\*\***

*\*There will be limited live wrestling during sessions\**

*\*\*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

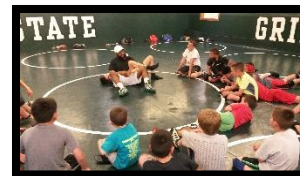
### • Adams State College Wrestling Coaching Staff

- Adams State Wrestlers including Aaden Valdez, Flying Angel Flores, Jabreeze, Spesh, Levi, Portero and the others

For more information contact Jason Ramstetter @ 719-588-2938 or email: [wrestling@adams.edu](mailto:wrestling@adams.edu)

**Check out [www.grizzlywrestlingcamps.com](http://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: \$150.00** 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](http://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 11<sup>th</sup> 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