

LWC BLUE RAIDER WRESTLING CAMP

Commuter Camp Tour
"Train Like a Blue Raider"



at **BOURBON COUNTY MIDDLE SCHOOL**



Place: BOURBON COUNTY MIDDLE SCHOOL GYM
Cost: \$120 (\$110 IF PAID PRIOR TO JUNE 7)

Grades: 2011-2012 4-12th Graders

Dates: June 14, 15, 16 2:00 pm – 4:00 pm 6:00 pm-8:00 pm (June 16 is one session only)

Contact:

Shane Perkey – Camp Coordinator, 4x NCAA ALL-AMERICAN, Assistant Coach
Abe Cross – Assistant Coach
Corey Ruff – Head Coach

(317) 313-4927 perkey7586@lindsey.edu
(517) 614-3237 crossa@lindsey.edu
(270) 250-9540 ruffc@lindsey.edu

Completed Registration forms can be sent to: Corey Ruff, 210 Lindsey Wilson St, Columbia, KY 42728

Checks can be enclosed with registration and Checks made payable to: Lindsey Wilson Wrestling.

CAMP PHILOSOPHY & GOALS: Each camp is designed for all wrestlers regardless of age or experience level. Campers will be taught wrestling skills in all three positions (neutral, top, bottom). The Lindsey Wilson coaching staff has designed a curriculum to teach the skills needed to become a great middle or high school wrestler. Campers will be grouped based on experience so they can learn at their own pace. Each day campers will have technique sessions and live situations to help implement the skills being taught. For those looking for some hardnosed wrestling an optional open mat time will be provided where campers can train alongside the Blue Raider wrestling team and coaching staff.

These camps implement the Midwest style of wrestling. We teach the campers how to break down opponents, both physically and mentally. Each camp will help wrestlers improve their technique by providing exposure to a variety of wrestling moves and attitudes. We are seeking out the wrestlers that want to strive to become better and be the elite wrestler. Our goal is to take wrestlers to the next level and to expand their knowledge in the sport. We want our campers to better their skills, training habits, and strategies so when you step on that mat during season, you will have the confidence you need to outsmart and outmaneuver your opponent.

These clinics will have something very unique happening. We have developed a unique approach toward the art of wrestling into our teachings. We are becoming known throughout the country for our ability of dominating opponents on top, non-stop movement on bottom, combined with the prowess on our feet, and we will model many of the techniques that help define our philosophy of wrestling. Not only will young wrestlers learn evolving techniques, they will know how/why they are effective. These clinics are serious, but we will have fun. Anyone attending our clinics will be a part of something special. Take advantage of this opportunity!

Name: _____ Wrestler's Cell: _____

Address: _____

City/State/Zip: _____

Email: _____ Home Telephone: _____

Grade In Fall of 2011: _____ Weight Class _____ Wrestling Accomplishments _____

Shirt Size: _____ (designate Adult or Youth)

As the parent/legal guardian of the above named athlete, I understand and agree that the City of Cashton, Cashton Public Schools, Norse Extreme Wrestling Club and its clinicians, and anyone else connected with the facilities used assume no responsibility for accidents, injuries, medical, or dental expenses incurred by my son/daughter while participating in this program.

Signed (parent or legal guardian): _____ Date: _____

Print Parent's Names _____

Parent's Email _____ Parent's Cell _____