

Schedule

Morning Session:

9am-12pm: Neutral & Stance
Work

12pm-2pm: Break for Lunch &
Swim (Wrestlers Must Provide
Their Own Lunch)

Afternoon Session:

2pm-5pm: Top & Bottom Work

5pm-6pm: LIVE Wrestling

RELEASE OF RESPONSIBILITY: In consideration of my being accepted in the E.P.T.S Gold Medal Wrestling Camp, I intend to be legally bound, do hereby for my heirs, administrators, and assignees, do hereby waive and release forever any and all rights and claims for all injuries suffered by me while traveling to and from and while participating in the competition on

Saturday July 21, 2012. I also give the Dept. of Parks permission to use any photos that might be taken of me during the course of this event, for future promotional purposes.

Signature: _____
Date: _____

If under eighteen (18) parent/guardian

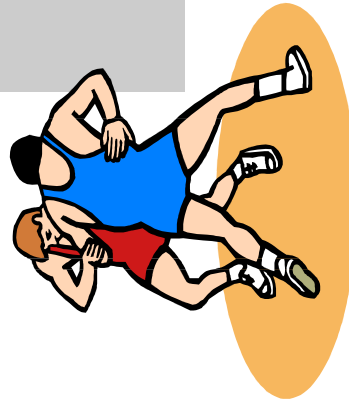
Signature: _____
Date: _____

E.P. "TOM" SAWYER STATE PARK
3000 Freys Hill Road
Louisville, Kentucky 40241
Phone: (502) 429-7270
E-mail: Ethan.miller@lindsey.edu



2012 E.P. "TOM" SAWYER STATE PARK GOLD MEDAL WRESTLING CAMP

In order to achieve what
you've never had, do
what you've never done.



Date of Event:
Saturday
July 21, 2012

Wrestling Clinic

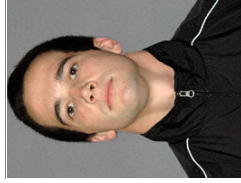
At this camp we will take your young wrestlers through a number of different drills and conditioning techniques to prepare them for next season. This camp will provide them with experience and expose them to the new forms of the sport which will benefit them throughout the rest of their careers. It will be broken down into two sessions (morning and afternoon).

Criteria:

- Neutral Position: Wrestlers will be taught proper stance and motion from that stance, take downs from feet to scoring back points, and introduced to new take-down offense.
- Top Position: Wrestlers will learn positioning and points system, hand placement and breakdowns, proper wrist control and half nelson pinning combination, chicken wing and wrist pinning combination, and proper leg rides with power finishes.
- Bottom Position: Wrestlers will be taught points system, basic stand up and escapes, proper sit-out and turn in escapes, switches, and the Granby/ Peterson roll to pinning combinations.

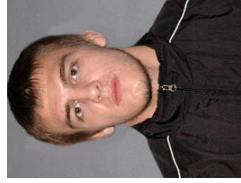
Camp Clinicians

Ethan Miller-



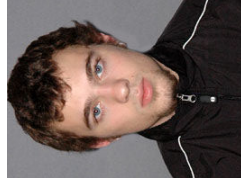
KHSAA Region 7 Champion & 2008 State Finalist
NHSCA Senior National Qualifier
NCAA DIII Mid- South Conference Champion & Most Outstanding Wrestler
2011 & 2012 NAIA National Qualifier

Harrison Courtney-



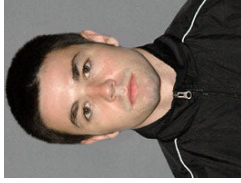
6X KHSAA State Placer
4X KHSAA State Champion (145, 145, 145, 160lbs)
NHSCA Sophomore All- American (3rd)
2011 & 2012 NAIA National Qualifier

Myron Bradbury-



3X KHSAA State Finalist & 4X State Placer
2X KHSAA State Champion (112 & 119lbs)
NHSCA Sophomore National Finalist
2011 & 2012 NAIA National Qualifier

Mike Lovitt-



AAU Iron Man Finalist (Folkstyle, Freestyle & Greco Roman)
2011 NAIA National Qualifier
3 year NAIA College Wrestler

Registration Form (Please Fill Out and Return to Recreation Office)

\$40 Per Wrestler **Ages 10+**

Wrestlers Name: _____

Age: _____ Birthday: _____

Grade Entering Fall 12': _____

Parents Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell/Work Phone: _____

Emergency Contact

Name & Number: _____

Does your child have any allergies?

Is your child on any medication?

Method of Payment: \$ _____ Total

☐ Cash

☐ Check (\$25.00 fee on all returned checks)

☐ Visa

☐ MasterCard

☐ American Express

Card Number: _____

Exp Date: _____

Signature: _____